

# ADHD Parenting Programme

Being an ADHD parent can be a challenge, taking incredible patience and strength. Our parenting programme is specifically about ADHD parenting.

Many parents understand the basics of parenting but believe this isn't enough to effectively support our children.

Most ADHD parents know how to parent and have probably been asked to attend other parenting courses. Most know how they are supposed to parent; generic parenting courses will not work.

" To parent our unique and wonderful children, we need to understand them so they can thrive to their full and amazing potential"

*Andrea Bell – CEO, ADHD Norfolk*

## What does the programme cover?

This programme will show parents how to understand their child by tapping into their world.

Learning ADHD specific techniques and strategies is the answer, in turn improving family life.

This programme is not just about allowing parents to understand how they can adapt their parenting, but also to show parents how to support their young people.

They will be integrating some core strategies into their young person's own daily routine, so they will be better equipped to understand themselves and manage their own ADHD too.

Parents will be able to teach their child/children what ADHD is and help them understand who they are and realise their own strengths and potential.



### Unit One: What is ADHD

Do we really understand what ADHD is? The programme will explore the symptoms of ADHD and how they can present.

### Unit Two: Understanding ADHD

How we manage frustration, aggression, and loss of control, looking at the process and why it can happen as well as strategies to de-escalate.



### Unit Three: Treating ADHD

Exploring all treatments for ADHD, looking at the benefits and side effects; including, medication, nutrition and alternative therapies.

### Unit Four: Supporting your children to reach their full potential.

Giving you tips and tricks to teach or use with your young person, including sleep, strategies for school, waking up and organisation.

### Unit Five: ADHD and the community

Where to go for help and support and what services are available. Including when a parent has ADHD, they may need support too. Covering EHCP process and other local organisations.

### Unit Six: Looking after YOU

You matter too! To parent we need to be healthy and well and make sure we have time for ourselves.

## Can I bring someone with me?

Yes of course! We encourage it... ideal for co-parenting, couples, family and friends.



## Location

Norwich  
Kings Lynn  
Great Yarmouth  
Thetford

Please see our website for full details of dates, times & location. You can secure your place online by visiting;

[www.adhdnorfolk.org.uk/services/adhd-parenting-programme](http://www.adhdnorfolk.org.uk/services/adhd-parenting-programme)

Each weekly unit lasts **3 hours**  
(term time only).

The programme runs for **6 weeks**.  
There are **evening** and **daytime** options available.

## Did you know that ADHD has genetic links?

Up to 90% of cases are estimated to be caused by genetic factors and around one in three people with ADHD have at least one parent with symptoms.

### Other ADHD Norfolk services

#### ADHD Parenting Programme

Many parents understand the basics of parenting but believe this isn't enough to effectively support our children. ADHD children perceive things and learn things in very different ways. Most ADHD parents know how to parent and have probably been asked to attend other parenting courses. We know how we are supposed to parent, generic parenting courses will not work.

#### Junior Coaching

ADHD Junior Coaching is aimed at children who are struggling at school and often lack an understanding of their differences. We work one to one with a child encouraging them to learn about ADHD, understand their deficits and the best ways to manage it. It is important that a child has confidence in who they are and quite often they find it difficult to communicate effectively, remember things and organise themselves.

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Empowering Parents,  
Embracing Difference

