



# ADHD Programme for Parents

**Locations: Norwich, Kings Lynn & Great Yarmouth**

Dates: Starting week commencing 29<sup>th</sup> October 2018

**Do you have parents struggling to manage their child with ADHD?**

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



Many parents understand the basic principles of parenting but we believe this isn't enough to effectively support our children. ADHD children perceive, process and learn things very differently. When there is a lack of working memory and up to 90% of ADHD cases having genetic links we now know that generic parenting courses will not work for ADHD. We need a deeper understanding of ADHD which will allow parents to reframe the way we look at their children and providing them with support them and give them strategies to build confidence in their parenting.

For 6 weeks, 3 hours a week.

For more information and to book go to our website and it's under Training & Qualifications.

Here is the link to full details and booking:

<https://www.adhdnorfolk.org.uk/services/adhd-parenting-programme/>

Email – [enquiries@adhdnorfolk.org.uk](mailto:enquiries@adhdnorfolk.org.uk)