

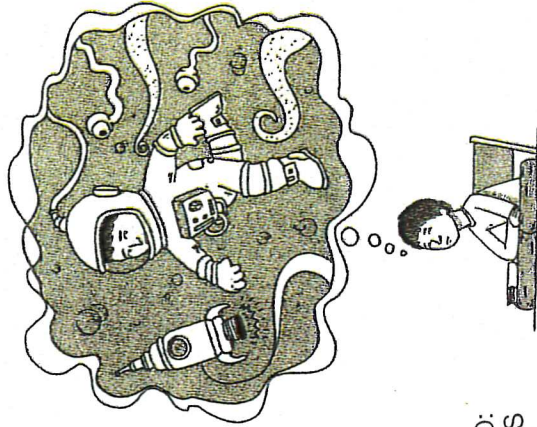
How Parent Factor in ADHD have helped other parents

"Have learnt loads of things I wasn't aware of and will be able to use the information from tonight"

"Very interesting to hear about things we need to know regarding school which we are entitled to know"

"Awesome! Very helpful information - thank you"

"Felt that today's input from parents and stories of our experiences helped me understand we are not alone, found this useful"

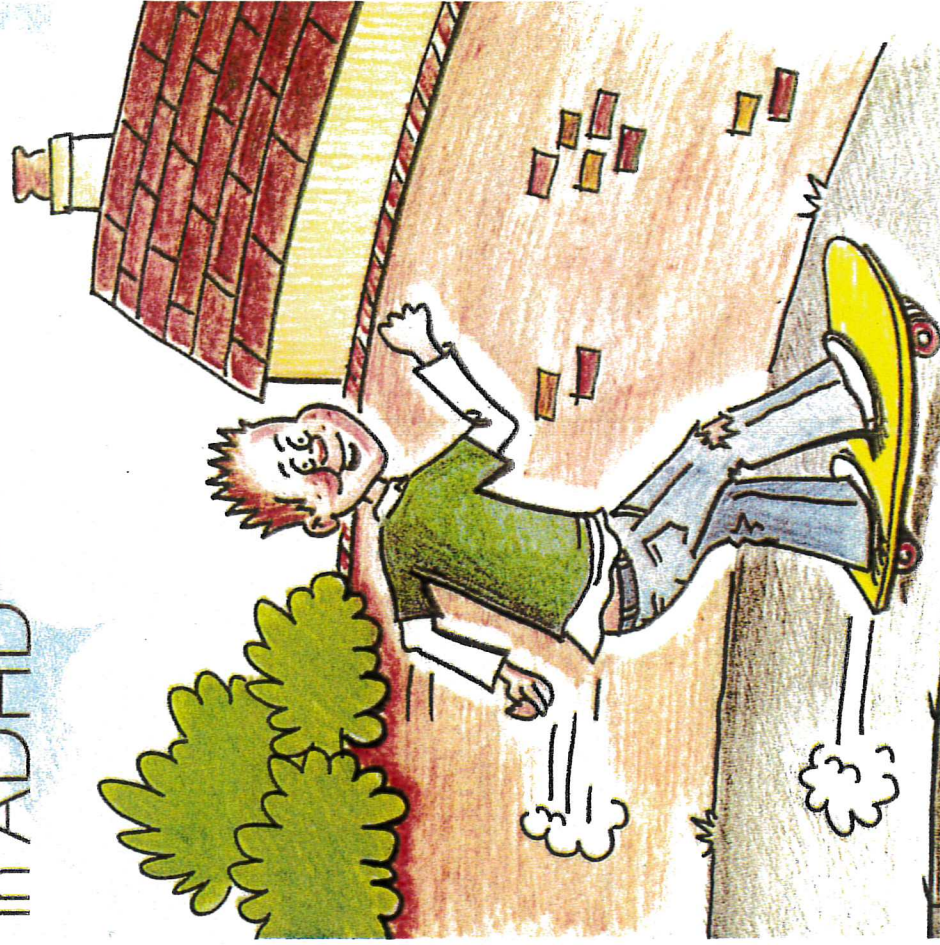


IF UNDELIVERED
PLEASE RETURN TO:
BARNARDOS HSPSS
25 WOTE STREET
BASINGSTOKE
RG21 7NE

01256 356888

Barnardo's Edinburgh Community Support Services
Manager's Name: Danny Holligan
Phone: 0131 446 7000

The Parent Factor in ADHD



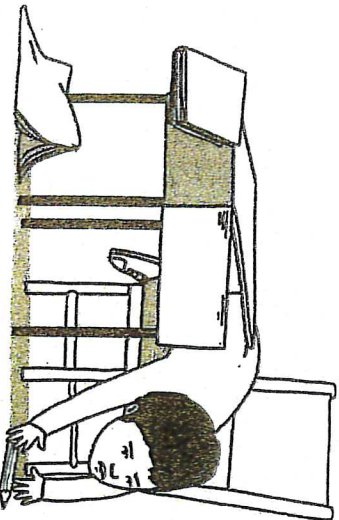
**Barnardo's Edinburgh Community Support
Services**

**Information for Parents and
Carers**

Aims of the Parent Factor in ADHD

Barnardo's aim to support parents like you who have children diagnosed with ADHD. This support and advice, over eight weeks will help to achieve this by empowering parents to:

- Gain confidence and skills as parents when living with a child with ADHD.
- Consider what it is like to be a child living with ADHD.
- Explore how positive parenting is beneficial to the family as a whole.
- Discuss strategies for effective behaviour management.
- Have the opportunity to meet with other parents.
- Look at different forms of communication.



Aims of the Sessions

Session 1 – Introduction to the support package and the opportunity to learn and share information about ADHD.

Session 2 – To enable you to think about all the challenges involved in being a parent, and then about the additional challenges there are when children are diagnosed with ADHD.

Session 3 – To look at different parenting styles. To give you some top tips on how to manage difficult situations.

Session 4 – To discuss the importance of good communication, both talking and listening.

Session 5 – To explore how important feelings are and to show how these can impact on behaviour.

Session 6 – To provide you with relevant and understandable information with the education system and your rights within it.

Session 7 – To help you think about the different ways people get attention and how the response they receive can influence the way they get attention in the future.

Session 8 – To review the support, evaluate the group experience and celebrate achievements.