



# EMPOWERING PARENTS, EMPOWERING COMMUNITIES

## The 'Being a Parent - Living with ADHD Online Course

### What is EPEC?

Empowering Parents, Empowering Communities Being A Parent - living with ADHD Course is a free, volunteer-led, evidence-based parenting programme



Each session is delivered by two Parent Group Leaders (PGLs) who have received 60+ hours training to deliver EPEC courses and have **lived experience** of ADHD.

Our sessions empower parents to share experiences, learn new skills and practice these alongside other parents, who are facing similar circumstances.

### Who is it suitable for?

If your child has a diagnosis, is awaiting assessment or you would like to know more about neurodivergence, this course is for you.

Our course offers support to parents, helping them to learn more about ADHD as well as to improve the coordination of their children's care. Along with helping parents to manage behavioural difficulties experienced by their child



The course gives lots of opportunity for discussion around shared experiences in an accepting and supportive environment.

### Course Content

#### Week 1.

Introductions/ Our ADHD Child. Goal Setting / Motivators.

#### Week 2.

Good enough parent/ Looking after yourself / ADHD maps/Executive functions / self regulation.

#### Week 3.

Acknowledging and accepting feelings / Expressing feelings / managing overwhelm.

#### Week 4.

Using child led playtime / negative attention trap / being kind to yourself.

#### Week 5.

Descriptive praise / Describing behaviour / Promoting self esteem.

#### Week 6.

Needs & behaviour / Introduction to discipline strategies, commands & sensory processing disorder.

#### Week 7.

Consequences / Rewards / Routines / Working memory.

#### Week 8.

Setting boundaries / Saying no & close down / Time out/calming space / Household rules.

#### Week 9.

Listening skills & problem solving strategies / Medication.

#### Week 10.

Managing stress / Strategies at future stages / Review / Support and ending celebrations

### How is it delivered?

Every Tuesday online via Microsoft teams for 10 weeks - 7.30pm - 9.30pm

Beginning Tuesday 21st January - 1st April 2025

There will be no session in half term

