

## Family Service - Neurodevelopmental Support Team (NST)

### ADHD Support

**Small Steps have two ADHD courses for parents** of a children with an ADHD diagnosis and those with ADHD type behaviours without diagnosis.

#### Option 1 - The New Forest Parenting Programme

This programme is delivered over six face to face groups sessions, this is for parents/ carers of children age 3 to 11 years and it cannot be delivered virtually due to the therapeutic approach in the parenting support.

You can learn about the symptoms and signs of ADHD, the ways in which they may affect your child's behaviour and your relationship with them. You can also learn strategies for managing your child's behaviour and attention difficulties.

#### Option 2 - The ADHD Workshop

This workshop is suited for the parents/carers of children 3 to 18 years.

This ADHD Workshop is a home grown intervention delivered over four online or face to face sessions. It has been devised by our experienced practitioners from health and education services. It provides you with practical support and reassurance to and will increase your understanding of local support services. This is usually delivered via Microsoft Teams online.

Subjects covered include:

- Understanding of the ADHD Characteristics and brain development
- Managing behaviour, routines, "meltdowns" and reinforcing positive behaviours
- Supporting young people
- Girls and ADHD
- Access to services and support
- Sensory
- Sleep
- Managing emotions

#### **How to book:**

You only need to choose one of the options 1 or 2.

You do not need to be referred by a professional, you can book yourself a place on one of the above courses providing you have a Nottinghamshire GP (excluding Bassetlaw and Nottingham City).

**You will need to click the link below, copy/type this link into your browser, or scan the QR code to the right, then complete and submit the online form. We will send you a list of available courses, usually within 7 days.**

<https://tinyurl.com/NBSNotts>



# 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





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### Who is it suitable for?



Any parents or carers of children aged under 12 are welcome to join

Our course offers an early, low-level intervention, empowering parents to improve communication, behaviour management, family dynamics and parent-child relationships



Parents are supported and encouraged to try new parenting techniques each week and share the outcomes with other parents

### Course Content

#### Welcome Week

- Getting to know each other

#### 1. Being a Parent

- Self Care
- Good enough vs Perfect Parent

#### 2. Feelings

- Expressing, acknowledging and accepting feelings

#### 3. Play

- Child-led play

#### 4. Valuing my child

- Avoiding labels
- Descriptive praise

#### 5. Understanding behaviour

- Needs behind behaviour

#### 6. Discipline strategies

- Setting boundaries
- Time outs
- Saying no

#### 7. Listening

- Reflective listening
- Open vs closed questions

#### 8. Review and Support

- Reviewing content



### How is it delivered?

Being a Parent - Online via Microsoft teams

Every Wednesday for 9 weeks - 12.30 - 2.30pm

Beginning Wednesday 22nd January - 26th March 2020



There will be no session in half term