

Understanding and managing your child's ADHD

What is ADHD?

- Neuroscience
- Executive Functioning
- Emotional Regulation
- Co-morbidity

We also look at a 'Tool Box' of strategies to help manage the condition.

Impact on ADHD

- Family and relationships
- Environment
- Sleep
- Medication
- Education and learning

Feedback from Parents/Carers

"I have left the course today feeling empowered with such a better understanding of my Sons ADHD equipped with realistic coping strategies to help him and our family move forwards in a very positive way."

"Comforting knowing you're not alone."

"I recommend it to other parents as it will give you insight on how it is living with ADHD."

"Great to talk to other parents, very informative and full of useful information."