

# The Parent Factor in ADHD



The Parent Factor in ADHD is a Barnardo's programme which has been written for parents of children aged up to 16 years who have a clinical diagnosis of Attention Deficit Hyperactivity Disorder (ADHD).

## The aims of the programme are to:

- Increase parents knowledge of ADHD and how it is treated.
- Give parents insight into how it feels to be a child with ADHD.
- Give parents advice on how to foster a positive relationship with their child.
- Provide parents with strategies to support children to regulate their behaviour.

**Session 1** – An overview of the Parent Factor in ADHD and the opportunity to share stories.

**Session 2** – Provides relevant and understandable information about ADHD.

**Session 3** – Thinking about parenting styles, and the extra tasks required when parenting a child who has ADHD.

**Session 4** – The importance of good communication, both listening and talking, and thinking about ways in which children learn to gain attention.

**Session 5** – Self-esteem and how we can raise children's self-esteem.

**Session 6** – The importance of feelings and their impact on behaviour. How we can support children to regulate their emotions.

**Session 7** – The education system and children's rights within it. Sleep hygiene, social stories and sensory issues.

**Session 8** – How we can support growing children with relationships (inside and outside the family), puberty and adolescence.

For further information please contact the North Cumbria Children and Young People's ADHD Service by emailing [CMB-ADHDNCumbria@cntw.nhs.uk](mailto:CMB-ADHDNCumbria@cntw.nhs.uk)