

Please note: We are a term time only service

This means that our project workers are not available in the school holidays.

Confidentiality and Safeguarding

Barnardo's is a safeguarding and child protection agency. This means that if any worker has information which leads them to suspect that a child is at risk, or is likely to suffer significant harm, then we will pass the information onto Children's Services who have the power to investigate.

CONTACT US:

Parent Factor in ADHD
Bewick Road Services
20 Bewick Road
Gateshead
Tyne and Wear
NE8 4DP

Liz Atkinson (Project worker) T: 07566765213
E: liz.atkinson@barnardos.org.uk

Mel Foggett (Project worker) T: 07842302744
E: melanie.foggett@barnardos.org

Or call Bewick Road Services on: 0191 4784667



The Parent Factor in ADHD Programme



Barnardo's is a charity (216250 and SC037605) and a company limited by guarantee (61625 England) Registered Office: Tanners Lane, Barkingside, Ilford, Essex, IG6 1QG

Comment from a parent:

I just wanted to say thank you so much to both Gemma and Liz who have been so lovely to work with over these last 8 weeks. We were unsure what the course would be like, but we have enjoyed the content and found it informative and had us chatting each week in terms of applying it to our own situation. Every week there were some key takeaways for us. We particularly enjoyed the Friday zoom calls, such a good opportunity to talk to others who are on the same journey and just 'get it'. The vibe was always light-hearted and we have had a good laugh together over the weeks.

Gemma and Liz were both really knowledgeable, supportive, understanding, interested and caring.

It's not easy being on a journey like this with a child, but things like this make it feel so much better and make me feel like I can manage this and there is a path through...



Who is the programme for:

This programme has been written specifically for parents of children aged up to 16 years who have a clinical diagnosis of Attention Deficit Hyperactivity Disorder (ADHD).

Parenting is a challenge

Most people would acknowledge that being a parent is one of the hardest things you can do. For parents of children with ADHD that job is made all the more challenging by the difficulties they and their children encounter as a result of ADHD. Children with ADHD face difficulties in all areas of their lives: at home, at school and socially.

This programme aims to empower parents by giving them



The aim of the programme is:

To increase parents knowledge of ADHD and its treatment

- To give parents insight into how it feels to be a child with ADHD
- To give parents advice on how to promote a more positive relationship with their child
- To educate parents on strategies for effective behaviour management

The Programme

We offer a blended approach where each week you will have access to eLearning, then a group zoom call to discuss and explore the course material. The eLearning should take around an hour and the group call 1 hour and a half.

Session 1: Introductions and parents chance to share stories

Session 2: Give parents relevant and understandable information about ADHD

Session 3: Day to day tasks involved in parenting/parenting styles

Session 4: The importance of good communication, both talking and listening

Session 5: Self-esteem and how to raise self-esteem in our children

Session 6: To look at emotional behaviour and how we can support our children to regulate their emotions

Session 7: Rights within the educational system, sleep hygiene, social stories

Session 8: Supporting your growing child

Ongoing support

You will be offered follow-up check-ins at weeks 4 and 12 after the course is completed. This is an opportunity to discuss the course content further after the new techniques have been tried.