

Surrey Positive Parenting Service

Managers name: Michaela Hussey—Children's Services Manager; Diane Charles—Team Manager; Mandy Appleyard—Project Worker 2

Email: surreypositiveparenting@barnardos.org.uk
www.barnardos.org.uk/surrey-positive-parenting

We are available **Monday-Friday, 9am - 4:30pm**

For further information please visit:

www.mindworks-surrey.org

For CAMHS and NHS professionals:

RXR.PositiveParentingSurrey@nhs.net

Other professionals please visit:

www.mindworks-surrey.org

We deliver support programmes daytime and evening to suit your needs.

Out of Hours ADHD Parenting Support Help-

line 0300 222 5755

(5.00pm - 11.00pm, 365 Days a year)

Barnardo's is a registered charity

No 216251 and SC037605

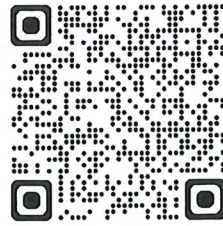


**Surrey and Borders
Partnership**
NHS Foundation Trust

Proud to be part of



The children and young people's emotional
wellbeing and mental health service



Surrey Positive Parenting Service The Parent Factor in ADHD

For parents who have received a
diagnosis of ADHD for their child



Aims of the Parent Factor in ADHD

Barnardo's aims to support parents of children diagnosed with ADHD through advice, guidance and skills-building.

Our group help parents to:

- Build confidence and practical skill for everyday life with a child with ADHD
- Understand the child's perspective and experience
- Explore the benefits of positive parenting for the whole family
- Learn effective behaviour-management strategies
- Connect with other parents for support and shared experiences
- Improve communication in different forms and settings

Support package

The support we offer is delivered over eight - 1.5 hour - sessions, online via Microsoft Teams; and eight e-learning sessions sent out to you each week after the session. The sessions will include discussions, videos and presentations; we also use a variety of support materials. We delivers skills building groups daytime, afternoon and evening to suit your needs.

Aims of the sessions

Session One: An overview of the Parent Factor in ADHD programme and the opportunity to share stories.

Session Two: An opportunity to learn and understand information about ADHD.

Session Three: Day to day tasks involved in parenting and parenting styles.

Session Four: To discuss the importance of good communication, both talking and listening.

Session Five: To look at self-esteem and how to raise self-esteem in our children.

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

Session Seven: To give parents information about the education system and their rights within it. sleep hygiene, social stories and sensory issues.

Session Eight: Supporting your growing child.

How Parent Factor in ADHD has helped other parents



“The course has given me some **great advice and tips** on how to manage at home.”

“I now **understand what it's like** for my child to have ADHD.”