

Small changes,
big differences.



Triple P – Positive Parenting Program



Understanding and supporting your child with ADHD

Parents of children with ADHD can face special challenges.

Parents can feel frustrated that strategies that work for neurotypical children don't seem to work for their child. Some of the innate challenges of ADHD can lead to conflict and disappointment.

Note: this session may also be helpful for parents with children where ADHD is suspected but not yet diagnosed.

In this session, you'll learn:

- ✓ The causes of ADHD
- ✓ How ADHD can affect children at home and can impact learning at school
- ✓ Some problems associated with ADHD
- ✓ How ADHD is assessed and who can diagnose
- ✓ How ADHD presents and can change throughout childhood
- ✓ Helpful strategies when seeking support for your child
- ✓ How to work with your child's school
- ✓ How to create a supportive family environment
- ✓ How to use assertive discipline
- ✓ The importance of your role as a parent and how you can look after yourself

Date: Wednesday 23 August

Time: [8 – 10pm]

[CLICK HERE TO JOIN ONLINE](#)

NO NEED TO REGISTER – CLICK THE LINK to join online at the scheduled time

www.triplep-parenting.net