

Parenting your Child with ADHD:

Group for parents and carers of children
and young people aged 5-12 years with
avclinical diagnosis of ADHD/ADD

**Brandon
Centre**

Here for Young People

For parents and carers of children with ADHD/ADD aged 5-12 years

This group meets weekly on Thursday mornings between 10.30am and 12.30pm at Brandon Centre for 8 two-hour sessions and then for a follow-up session six weeks after the last meeting. The group is facilitated by a trained group leader who has experience of supporting parents and carers of children with ADHD. We have regular courses available. Please contact us for further information and relevant dates.

The group builds on what parents are doing well and teaches parents and carers skills and strategies to improve and manage difficult behaviour in children in this age group. It also incorporates the **123 Magic™** approaches, which complement and enhance the programme.

The sessions cover the following areas:

- Providing information on Attention Deficit Hyperactivity Disorder
- Setting household rules
- Developing and implementing schedules and routines
- Preparing for school
- Realistic expectations
- Giving clear and calm instructions
- Rewards and praise
- Staying positive and looking after yourself
- The 123 Magic™ approach to effective discipline.

This group is aimed at the parents or carers of a young person who has been diagnosed with ADHD or ADD. Parents will be contacted by the facilitator, Moira Lamond, before the group begins to find out more about the family's needs.

For parents and carers of young people with ADHD /ADD aged 13-16 years

Brandon Centre runs '**Parenting with Love and Limits: a seven-step programme for difficult teenagers**' at Brandon Centre on Thursday evenings and Friday mornings (subject to change so always check with us first). This programme gives practical guidance to parents who are trying to change and improve difficult teenage behaviour.

The groups are suitable for the parents and carers of young people with ADHD/ADD but are not designed specifically for them. Please contact us on **020 7424 9935** or **familyservice@brandoncentre.org.uk** for more information.

What people say about our ADHD/ADD programme:

"I've been to lots of different groups, but this one is different, really different...this is the first time I've felt listened to, and really understood...it's great."

"The service has been a life saver + provided me with some amazing tools. They need to fund this service more to help support a lot more parents."

"Moira (facilitator) is so AMAZING, and her ADHD service deliverance was very empowering. There are no comparisons with any other groups that I have attended in the past."

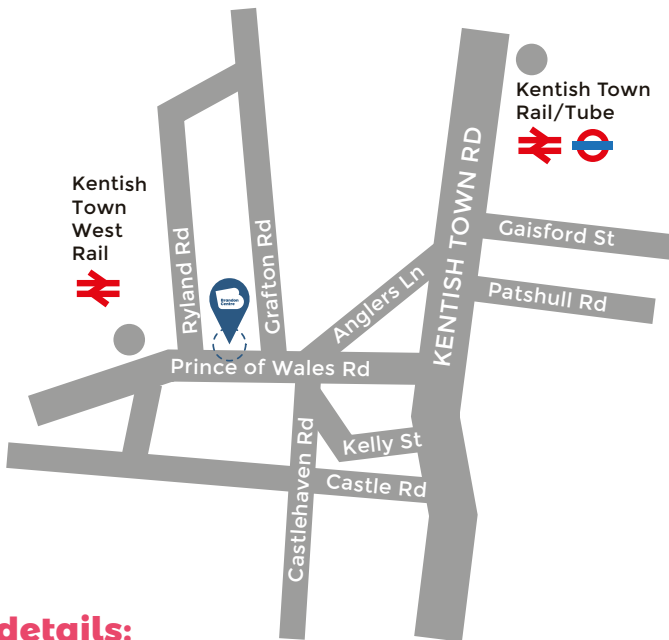
"I am extremely impressed with Moira's attitude and approach during the course. She was great in conducting this meeting/group and had us all engaged week in week out. She really knows her stuff!"

**Brandon
Centre**

The parenting group offered by Brandon Centre for the parents or carers of young people with ADHD/ADD complies with the National Institute for Clinical Excellence (NICE) guidelines for effective management of ADHD/ADD. It is open to parents and carers whose child has a diagnosis of ADHD/ADD from a designated specialist.

Referrals

All parents/carers must self-refer and their child must have a clinical diagnosis of ADHD. Please contact **Dean Charlery** on **07939 833 069** or **Moira Lamond** at Brandon Centre for further information.



Contact details:

Brandon Centre
26 Prince of Wales Road
London
NW5 3LG
Tel: **020 7267 4792**
Email: **familyservice@brandoncentre.org.uk**
Website: **www.brandoncentre.org.uk**

**Brandon
Centre**

updated / May 2020