

# Parenting your Child with ADHD

Group for parents and carers of children  
aged 5-12 years who have a clinical  
diagnosis of ADHD

**Brandon  
Centre**

Here for Young People

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

For parents and carers of children with a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) aged 5-12 years. This is a 6-week group programme that meets for 1.5-2 hours a week. The group is facilitated by a qualified mental health professional with experience in supporting parents and carers. The group is run several times a year either online or face to face.

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
- Realistic expectations
- Giving clear and calm instructions
- Rewards and praise
- Staying positive and looking after yourself
- The 123 Magic™ approach to effective discipline.

What people say about our ADHD programme:

**“Thank you thoroughly  
enjoyed the sessions.”**

**“Good facilitation with  
some good advice in  
response to real questions.”**

**“It worked well - thank you!”**

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# Referrals

To find out more information about the programme and upcoming groups please email us at [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

Self-referrals or professional referrals are accepted and can be made by calling **07939 833 069** or emailing [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

## Contact details:

### Brandon Centre

26 Prince of Wales Road

London

NW5 3LG

Tel: **020 7267 4792**

Email: [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

Website: [www.brandoncentre.org.uk](http://www.brandoncentre.org.uk)

