



## Surrey Positive Parenting Service

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[www.barnardos.org.uk/surrey-positive-parenting](http://www.barnardos.org.uk/surrey-positive-parenting)

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

For further information please visit: [www.mindworks-surrey.org](http://www.mindworks-surrey.org)

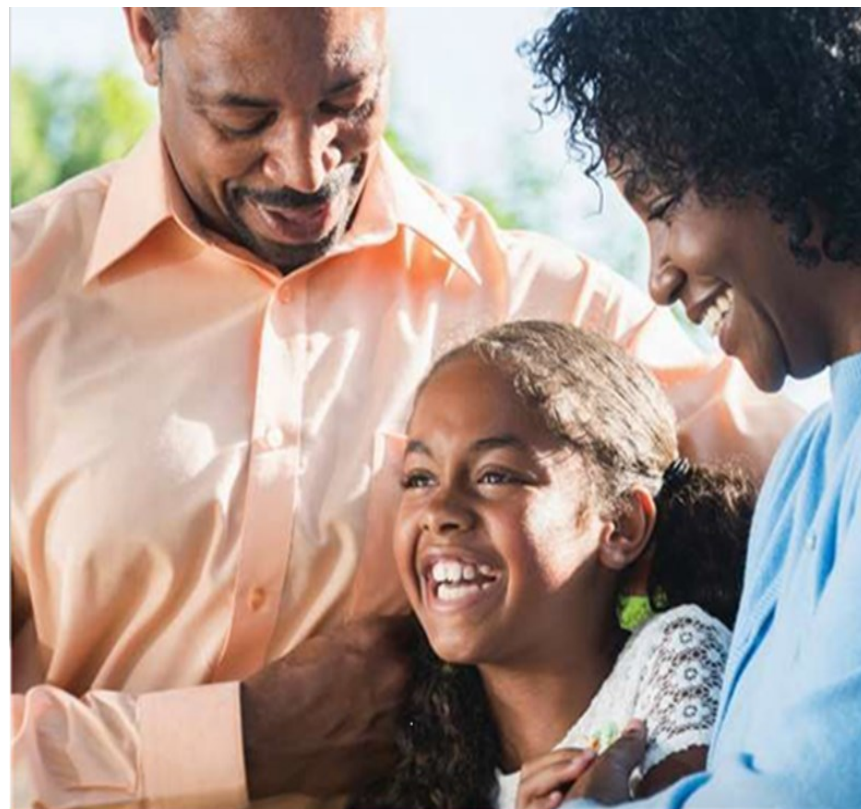
We deliver support programmes daytime and evening to suit your needs.

**Out of Hours ADHD Parenting Support Helpline 0300 222 5755**

(5.00pm - 10.15pm, 365 Days a year)

Barnardo's is a charity

No 216251 and SC037605



## Parent Factor in ADHD

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



Surrey and Borders  
Partnership  
NHS Foundation Trust

Proud to be part of

**Mindworks**  
Surrey

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

## Aims of the Parent Factor in ADHD

**Barnardo's aim to support parents like you who have children diagnosed with ADHD. This support, advice, and skills building group helps to:**

- Gain confidence and skills when living with a child with ADHD
- Consider what it is like to be a child living with ADHD
- Explore how positive parenting is beneficial to the family as a whole
- Discuss strategies for effective behaviour management
- Have the opportunity to meet with other parents
- Look at different forms of communication



## Support package

The support we offer is delivered over eight – 2 hour — sessions. 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.

The sessions include a 'stretch break', parents are welcome to bring their own refreshments to the group. Refreshments are not provided by the service due to providing a covid secure environment

## 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.

