



Small Steps ADHD Support



Small Steps have two ADHD courses for parents and carers who have a child with a diagnosis of ADHD, or who is displaying ADHD type behaviours.

Option 1 - The New Forest Parenting Programme

This programme is delivered over six face to face groups sessions, this is for parents/carers of children age 3 to 11 years and it cannot be delivered virtually due to the therapeutic approach in the parenting support.

You can learn about the symptoms and signs of ADHD, the ways in which they may affect your child's behaviour and your relationship with them. You can also learn strategies for managing your child's behaviour and attention difficulties.

Option 2 - The ADHD Workshop

This workshop is suited for the parents/carers of children 3 to 18 years.

This ADHD Workshop is a home grown intervention delivered over four online or face to face sessions. It has been devised by our experienced practitioners from health and education services. It provides you with practical support and reassurance to and will increase your understanding of local support services. This is usually delivered via Microsoft Teams online.

Subjects covered include:

- Understanding of the ADHD Characteristics and brain development
- Managing behaviour, routines, "meltdowns" and reinforcing positive behaviours
- Supporting young people
- Girls and ADHD
- Access to services and support
- Sensory
- Sleep
- Managing emotions

How to book:

You only need to choose one of the options 1 or 2.

You do not need to be referred by a professional, you can book yourself a place on one of the above courses providing you have a Nottinghamshire GP (excluding Bassetlaw and Nottingham City).

You will need to click the link below or copy/type this link into your browser, complete and submit the online form and we will send you a list of available courses.

tinyurl.com/NottsSmallSteps