

The Parent Factor – ADHD

Programme Content

The Parent Factor – (ADHD) is a Parenting programme for parents/carers of young people aged 0-17 years with a diagnosis of Attention Deficit Hyperactive Disorder (ADHD). This programme will help families to:

- Increase their confidence and self-esteem
- Communicate and negotiate with their young people
- Manage their young person's behaviour
- Learn more about ADHD
- Explore different parenting styles and choose the best one for them
- Understand how to support their young person at school.

Referral Pathway

The programme is delivered by the ADHD Team. Following diagnosis parents should be referred to this programme. The Youth Offending Service also has a contract with Barnardo's Sungate Family Project to deliver this programme to their client group.

2009/10 Parent Feedback

As a result of completing The Parent Factor – ADHD:

- 47% of parents have more confidence in their parenting role
- 49% feel happier in their role as a parent
- 57% have more time for themselves
- 65% cope better
- 49% shout less at their children
- 65% praise their children more
- 82% understand their children more
- 67% manage their children's behaviour better
- 65% set limits for their children's behaviour
- 65% listen to their children more
- 65% talk to their children more

Next Steps for Parents

- Family Learning or adult learning. For information about current provision, contact Family, Adult and Community Learning on (0191) 561 2620
- A community activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>
- Volunteering. For details of the training package and induction available to local parents/carers, contact your local Children's Centre.