

Supporting someone and their family with ADHD

(Attention Deficit Hyperactivity Disorder)

ADHD is not caused by bad parenting. It's not the parents fault that your child has ADHD, but families can help by:

- Finding out as much as possible about ADHD and explaining to other members of the family, teachers etc.
- Bad parenting is not the cause of ADHD, but there are skills and techniques that can encourage your child to behave better and concentrate longer.
- Encouraging your child to follow treatment recommended by doctors and professionals.

Support Group

The support group has been especially developed to provide a forum for you to meet other families and parents locally and share experiences in a supportive environment, particularly when you first encounter ADHD.

We aim to give you the opportunity to ask questions and increase your understanding of ADHD.

The meetings are relaxed and informal and always attended by members of APT
(The Attention Problems Team)

Facilitators and guest speakers aim to address a wide range of issues from practical information and advice on managing children with ADHD

Comments from People who have attended the Group

"Since attending this group we know better how to deal with our child's difficulties".

"Giving clear messages and thinking about modifying a situation to help control my child's behaviour's really helped".

"Meeting other parents and sharing experiences was invaluable".

Information

Meetings are held regularly for a 6-week programme. Both are available to York and North Yorkshire families (including Selby)

Refreshments are provided for more information please feel free to speak to a member of the APT Team who will be happy to help with your enquiries.

Contact Us

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Other Useful Contacts:

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Produced by: APT Team, February 2009

A SIX WEEK WORKSHOP FOR FAMILY AND FRIENDS



Facilitated by the
Attention Problems
Team