



New Forest

Parenting Programme (NFPP)

Helping Parents to help children with ADHD

Parent Support Group

Help and Advice for Parents and Carers of Children with ADHD.

WHY JOIN OUR GROUP?

We know that parenting any child can be hard work but parenting a child with ADHD can be additionally challenging.

Parents can sometimes feel embarrassed, frustrated and angry when dealing with their child's needs, they may feel frustrated and exhausted.

The NFPP Parent Support Group allows our parents and carers peer support, the opportunity to share ideas, discuss and learn from other parents' personal experiences, whilst having the opportunity to learn new ideas, develop practical strategies and techniques to deal with the challenging aspects of parenting a child with ADHD.

A support group prevents parents from feeling isolated and alone and can help overcome the negativity and struggles a parent faces.

It helps to make parents feel more empowered, have a better understanding of ADHD, more confident and have a more harmonious life balance.

TOP TIPS AND HANDY HINTS

The NFPP Parent Support Group focuses on common challenges often experienced by parents of children with ADHD.

A programme of sessions targeting topical issues are delivered over a 6-week period.

The programme helps parents to learn about ADHD and how it may affect their child. It helps them to learn the skills needed to promote self-regulation, reduce inattentiveness, impulsiveness, and difficult behaviours in their children. The 6 principles include. Understanding ADHD, Behaviour Strategies, Assessing abilities, Regulating emotions, Teachable moments and Planning ahead.

QUALITY ASSURANCE

To ensure our sessions include the most suitable strategies for children of all ages, our facilitators have completed the New Forest Parenting Programme for facilitators training and are all qualified practitioners to deliver the NFPP course.

This is not a programme that teaches parents how to parent, but a support group that offers help and advice through fun interaction and group discussion.

WHERE IS THE GROUP BASED?

To ensure our support group is accessible to all parents and carers, the programme will be delivered from their child's home school. We do also offer 1:1 basis support.

CAN CHILDREN ATTEND THE GROUP?

To allow opportunity for parents and carers to fully engage in uninterrupted sessions, we are unable to accommodate children within the group.

HOW LONG IS THE PROGRAMME?

The NFPP Parent Support Group is a 6-week programme and sessions take place once each week.

To allow time for parents and carers to take siblings to school, the sessions start at 9.00am and finish at 11.00am.

Refreshments are available throughout the morning.

WHO DELIVERS THE PROGRAMME?

Members of the Outreach and Reintegration team deliver the programme and facilitate discussions. All staff have completed the New Forest Parenting Programme for Practitioners training and share a wealth of experience working in partnership with parents and carers of children attending Horizons Academy and mainstream schools across the London Borough of Bexley.

Facilitator Contact Details

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REFERRAL PROCESS

If you would like to join our support group, please complete the information below and return to our facilitators who will contact you directly.

Name:

Child's Name:

Home School:

Child's Age:

Contact Telephone:

Email Address:

RETURN ADDRESS

Outreach & Reintegration Horizons Academy Bexley
Lensbury Way