

For further info, head to adhd.foundation.org.uk



Understanding and Supporting ADHD

Does your child have ADHD? Are they on the ADHD Pathway? Are you just interested to find out more about ADHD?

The ADHD Foundation Neurodiversity Charity invites you to attend our 3-part, live-streamed webinar series with one of our Parenting Team to explore ADHD.

Session 1 - Neuroscience of ADHD

- Understanding ADHD characteristics and dispelling myths
- Understanding co-occurring conditions and complexities
- Exploring the impact of living with ADHD

Session 2 - Sleep and Wellbeing

- Understanding sleep physiology
- Understanding diet in relation to ADHD
- Exploring the role that movement plays.

Session 3 - Stress Awareness and Self Regulation

- Understanding our stress response system
- Recognising internal and external triggers
- Exploring strategies to promote self regulation

What people have said about this course:

"I found the session completely whizzed by I was so engaged."

"Great sessions, I would highly recommend to other parents"

"I really enjoyed all 3 webinars, I gained some really useful knowledge about ADHD which will hopefully help me on my journey with my children!"

"I would just like to say thankyou so much for your clear explanation and knowledge of ADHD, so many things now make sense."