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# Understanding Behaviour

Our behaviour is how we express ourselves. Sometimes our children may behave in a way that we do not understand, in ways that may not seem appropriate, or may seem challenging. When we understand behaviour, we are better able to support our child – recognising triggers for their behaviours, helping them to regulate their emotions and supporting them to make positive life choices.

The **ADHD Foundation Neurodiversity Charity** invites you to attend a live-streamed 2-part webinar series with one of our Parenting Team to explore Behaviour.

## Session 1 - What is behaviour?

- Understand how we make choices by using our emotional or logical brain.
- Understand what the behaviour may be communicating
- Exploring how lifestyle choices may impact on behaviour

## Session 2 - Promoting behaviour we want to see more of

- Identifying behaviour triggers
- Exploring positive behaviour strategies
- Exploring self-care

Each session lasts approximately 1 hr 15 mins and is followed by Q+A.

## What people have said about this course:

“My son’s behaviour makes more sense to me now”

“I have tried some of the strategies I learnt on the course yesterday and I can already see some difference”

“It was good to have time to ask questions at the end and the trainer was great in helping me with strategies for my daughter”