



# ADHD

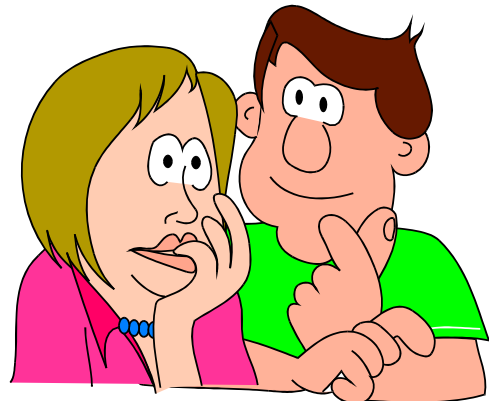
## PARENT 'EMPOWERMENT & SKILLS TRAINING'

Reviewed by the National Academy of Parenting Research  
Approved by Lancashire County Council

Parenting a child with Attention Deficit Hyperactivity Disorder (ADHD) needs a different style of parenting than that which tends to work with other children. Our programme aims to provide you, the parents, with the knowledge, tools, and confidence you need to introduce and practice different ways of dealing with things; ways we have found to be more positive and effective. The programme will also raise awareness of your own strengths and weaknesses, and those of your children, and encourages you to explore innovative problem-solving techniques.

**If all that sounds a bit complicated don't worry, many parents are also a little apprehensive at first.**

Our nine-week programme entitled ADHD: 'Parent **E**mpowerment and **S**kills **T**raining' is affectionately referred to as the '**PEST**'. Using a step-by-step approach, each session has a particular topic or theme which builds on the previous week and enables parents to learn together, discuss and share ideas, try out new techniques, and develop skills appropriate to their individual needs.



Unlike generic parenting programmes which do not, and cannot, take into account the specific characteristics of ADHD, our specially developed programme has been planned to do just that. It has been hugely successful in making a difference to and for everyone who has attended.



All our trainers are well qualified people with an in depth understanding of ADHD and an approach that is sympathetic to the needs of affected families.

For further information please ring or email.  
We're here to help - all you have to do is ask.