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ADHD

These are things that can really make a difference:

- Go to the GP or school if you are worried that your child may have ADHD – a diagnosis can help you move forwards.
- ADHD is a whole-family issue. Make sure that all family members understand what is going on, normalise it and keep a balance of attention in the family.
- Avoid giving your child with ADHD the 'bad reputation' in the family.
- It is important to maintain boundaries and discipline and not put up with bad behaviour, like disobedience, swearing or violence.
- Ensure you provide a healthy lifestyle with balanced diet, activity and sleep routines.
- Give your child simple instructions – get close, look at them, talk slowly and calmly.
- Praise your child when they have done what is required, however small (but be careful not to overpraise).
- Write helpful lists and post them up somewhere visible (fridge/backdoor).
- Break up necessary sit-down times such as meals and homework into smaller, manageable chunks, say 15-20 minutes.
- Avoid food additives and colourings; there is some evidence that children with ADHD are particularly sensitive to these. Discuss this with a GP or dietician if you are unsure.
- Find out about local parenting programmes and support groups – these can really help.

Where can I get help? – National Support Groups

ADDISS (The National Attention Deficit Disorder Information and Support Service)

- Provides information and resources about ADHD and the variety of approaches that can help including behavioural therapy, medicati on, individual counselling, and special education provision.

- Phone: 020 8952 2800   info@addiss.co.uk

Hyperactive Children's Support Group

- Helps hyperactive/ADHD children and their families, providing information particularly regarding hyperactivity and diet.

- Phone: 01243 539966 (Mon - Fri 14:30-16:30)   hacsg@hacsg.org.uk

Youth Wellbeing Directory

- Lists of local services for young people's mental health and wellbeing.

MindEd for Families

- A website where you can hear about other parents' experiences and find clear, helpful guidance on children and young people's mental health and wellbeing

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Young Minds (Parent's Information Line) Tel: 0808 802 5544   www.youngminds.org.uk

- Free telephone support for parents/carers with concerns about the mental health and/or emotional wellbeing of a child or young person.

Family Lives UK   Tel: 0808 800 2222   www.familylives.org.uk

- Confidential free helpline and email support for parents experiencing family difficulties, (formerly known as Parentline-Plus). They offer information, advice, guidance, & support on all aspects of parenting and family life. Live chat is available via the website

Where can I get help? – Local Support Groups

Family Information Service

www.surreycc.gov.uk/.../family-information-service

Telephone 0300 200 1004 (Monday to Friday 9am to 5pm)   SMS 07860 053 465

- The Family Information Service (FIS) offers a free impartial information and signposting service on all aspects of family life for parents of children and young

Family Voice Surrey

01372 705708   www.familyvoicesurrey.org

- Giving Surrey parents a strong collective voice, a forum to share knowledge and empowerment to improve opportunities for our children.

Surrey Positive Parenting Service

www.barnardos.org.uk

- Barnardo's aim to support parents/carers of children (6 to 18 years old) who have a diagnosis of or are in the process of getting a diagnosis of ADHD. This support and advice is delivered in either an 8 week or 10-week programme; within your local community, during school hours, evenings and weekends to suit.

SEND SURREY   www.surreylocaloffer.org.uk

- The online hub for 0 – 25 year olds with special educational needs or a disability

Parents Support Group   07540686250

- Informal support group for parents of children (age 2-19 years) with Austism Spectrum Disorders (ASDs) and Attention Deficit Hyperactivity Disorder (ADHD). Held at Bagshot Infant School four times per term.

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