

Interventions

ADHD:

NST offer two ADHD courses for parents of a child with an ADHD diagnosis and those with ADHD type behaviours without diagnosis.

Option 1 - The New Forest Parenting Programme.

This is for parents and carers of children aged 3 to 11 years and it cannot be delivered virtually due to the therapeutic approach in the parenting support.

You can learn about:

- *The symptoms and signs of ADHD,*
- *The ways in which they may affect your child's behaviour and your relationship with them.*
- *Strategies for managing your child's behaviour and attention difficulties.*

Option 2 - The ADHD Workshop

This workshop is suited for the parents and carers of children aged 3 to 18 years.

This ADHD Workshop is a home-grown intervention, and it has been devised by our experienced practitioners from health and education services.

It provides you with practical support and reassurance to and will increase your understanding of local support services.

Subjects covered include:

- *Understanding of the ADHD characteristics and brain development*
- *Managing behaviour, routines, "meltdowns" and reinforcing positive behaviours*
- *Supporting young people*
- *Girls and ADHD*
- *Access to services and support*
- *Sensory*
- *Sleep*
- *Managing emotions*

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Workshop:

Workshops are suitable for the parents and carers of children and young people, up to the age of 18 years, with indicative behaviours of Autism and/or ADHD, and those with a confirmed diagnosis.

This Workshop is a local model of support and information for parents and carers. It has been devised by our experienced practitioners from the local authority, health, and education services.

Topics covered included in both face-to-face and online workshops:

- *An introduction to ADHD and Autism*
- *Routines*
- *Education*
- *Parental mental wellbeing*
- *Sleep • Toileting*
- *Communication • Self-esteem • Emotional health • Brain development • Pathological Demand Avoidance, PDA*

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Cygnnet:

The Cygnnet Parenting Support Programme is for parents and carers of children and young people aged 5-18 with an autistic spectrum condition, and those with autistic behaviours without diagnosis.

Attending Cygnnet gives you an opportunity to develop your understanding of autism and look at practical solutions to support your child. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

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Sleep:

The Sleep Tight programme aims to support parents and carers to help their children and young people to achieve a better night's sleep.

The Sleep tight programme is an evidence-based programme and is regarded as the best and most affective approach to sleep management by professionals, including paediatricians.

The Sleep Tight Programme is the recommended if your child falls into one of the following categories:

- *Is under the care of community paediatrics at NUH or SFH,*
- *Has a diagnosis of Autism and/or ADHD/ Autistic or ADHD behaviours without a diagnosis.*
- *Was referred by community paediatrics to NST for Sleep Tight*
- *Was expecting to be referred onto Community Paediatrics following an assessment by NST.*

What can I get out of the Sleep Tight Programme? Once you have completed the programme you will be able to:

- *Recognise the role of sleep hygiene to improve sleep*
- *Introduce a sleep diary to identify potential sleep issues*
- *Identify the causes of sleep issues and appropriate practical strategies*

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Transition:

The Education Transition Support Workshop is for parents and carers to learn strategies to assist their children and young people with transitions in education.

Transitions can include:

- *Home to nursery or childminder*
- *Starting primary school*
- *Year to year transition*
- *Moving schools, in year transition*
- *Primary to secondary school*
- *Leaving secondary school*
- *Starting College, University, or employment*
- *Returning to school or setting after period of home schooling*

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