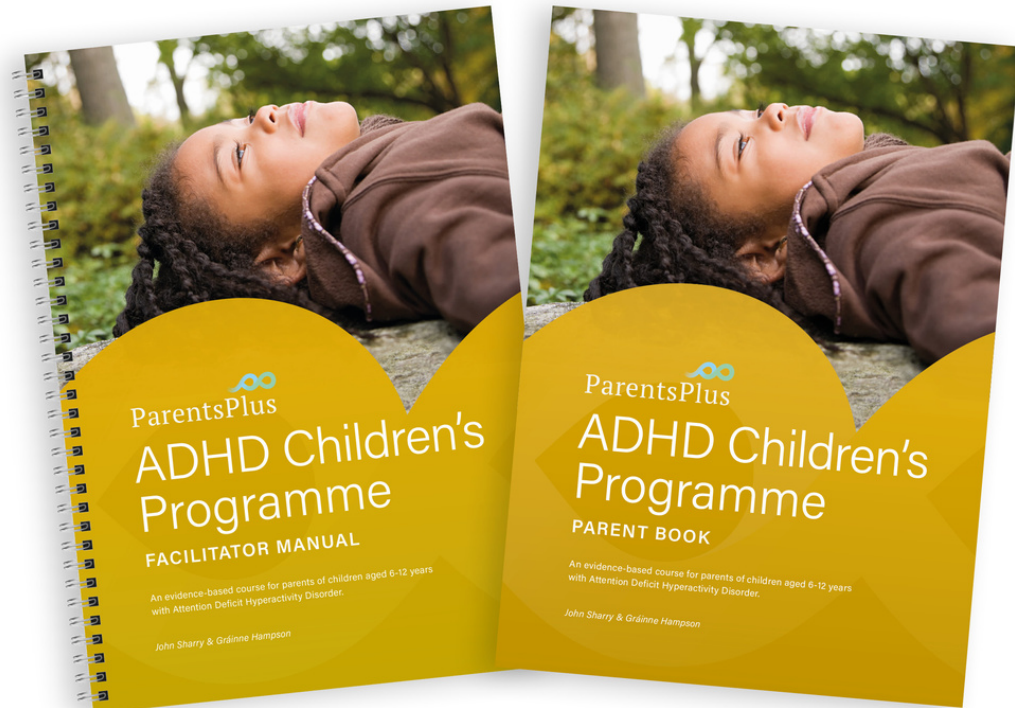


ParentsPlus

ADHD Children's Programme Training for Professionals

Improving the well-being of children and families by empowering professionals to deliver our suite of evidence-based parenting and mental health programmes in their services.



Parents Plus Charity, Mater Hospital, Eccles Street, Dublin 7, Ireland, D07 R2WY.
admin@parentsplus.ie Tel: 01 854 5185

Lisa Whitlock, Lead Coordinator of Parent Support Team Gloucester, UK

“ We know how important group work is! Supporting parents within a group setting will give you some fantastic results with this programme.

”

Cherie Tyner, Interim CEO of Parents Plus

“ we are proud to say that we have supported over 1,000 organisations, in Ireland and internationally, to create sustainable change in their service delivery, strengthening over 100,000 families.

”

ADHD Children's Programme Training for Professionals

Summary of the PPADHDC Programme

Parenting a child with ADHD can bring special challenges, but with the right support parents can overcome these and ensure their children reach their full potential.

The ADHD programme is a new modified version of the evidence based Parents Plus Children's programme that addresses the needs of parents of children with ADHD aged 6-12 years.

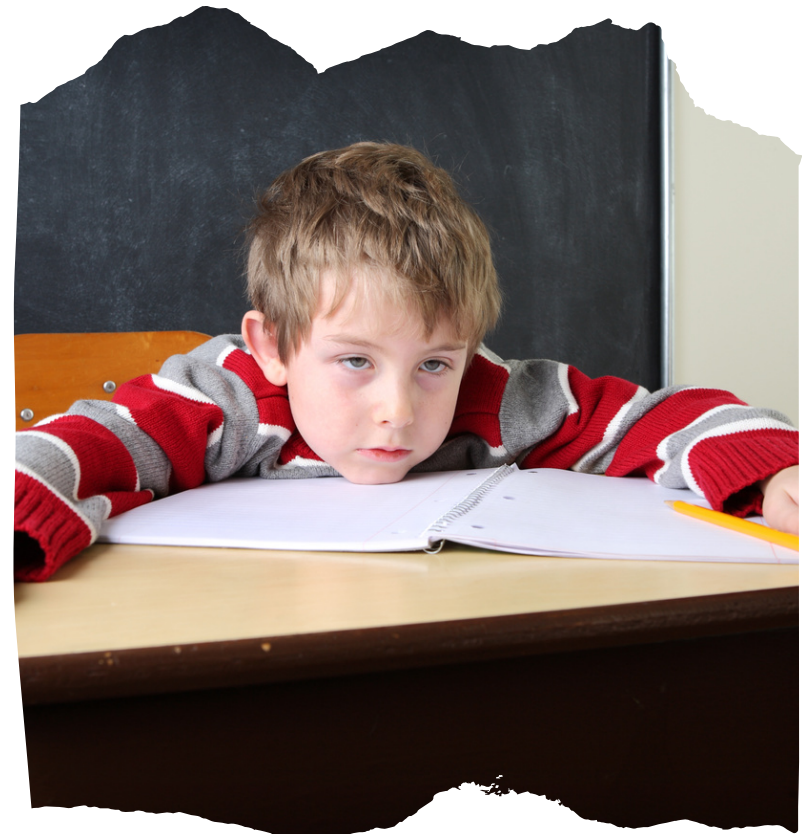
The programme is flexible and can be delivered to small groups or with individuals over 8-12 weeks.



Goals of the PPADHDC Programme

The main goals of the Early Years Programme are to support parents to:

- Understand the challenges and strengths of ADHD
- Manage behaviour and emotional problems
- Build their children's self-esteem and confidence
- Reduce their own stress as parents
- Understand the role of medication and other treatments
- Manage homework and education challenges
- Help their child talk about and understand ADHD
- Support children's friendships



ADHD Children's Programme Training for Professionals



Our supports include:

- Implementation support to get groups off the ground, including planning workshops and coaching for managers.
- Individual and group supervision sessions with an experienced Parents Plus Trainer.
- Advanced training workshops on specific topics.
- Extra resources to facilitate delivery, e.g. fliers, posters, certificates, practice articles, parenting articles, supplementary handouts.
- Support to promote your Parents Plus courses in your community.
- Advice and guidance on evaluating and monitoring outcomes in your agency to ensure your groups are effective.
- Access to two individual supervision sessions free of charge in the first year post-training.
- Sponsorship for further supervision is available on application.

ADHD Children's Programme Training for Professionals

The PPADHDCP facilitator training is practical and solution-focused and will provide you with the essential skills and learning to achieve the best outcomes for the parents and families who attend your service.



The training focuses on:

- Gain a broad understanding of ADHD and its impact for families.
- Delivering the programme via face-to-face and online sessions, to groups and individual families
- Providing opportunities to observe and practise the skills to become a solution-focused facilitator
- Building on parents strengths as a basis for ongoing change
- Strengthening inter-agency and community partnerships

Research

24+ studies consistently show that the Parents Plus Programmes are effective in:

- Reducing emotional/ behaviour problems in children and teenagers
- Reducing parental stress
- Improving family communication and wellbeing
- Achieving high parent satisfaction in a variety of contexts and with a large range of presenting problems and issues.

Developed In Collaboration With



What The Professionals Say About Our Training Programme

“ Consultant Psychiatrist Dr Blánaid Gavin

Professionals who train in the programme develop a greater understanding of ADHD, the real-life challenges of parents and how to most effectively use helpful solution focused therapeutic strategies to enable positive behaviours.

Experiencing the encouraging outcomes of the programme, enhances therapeutic optimism, itself key to professionals' ability to facilitate constructive change.

”



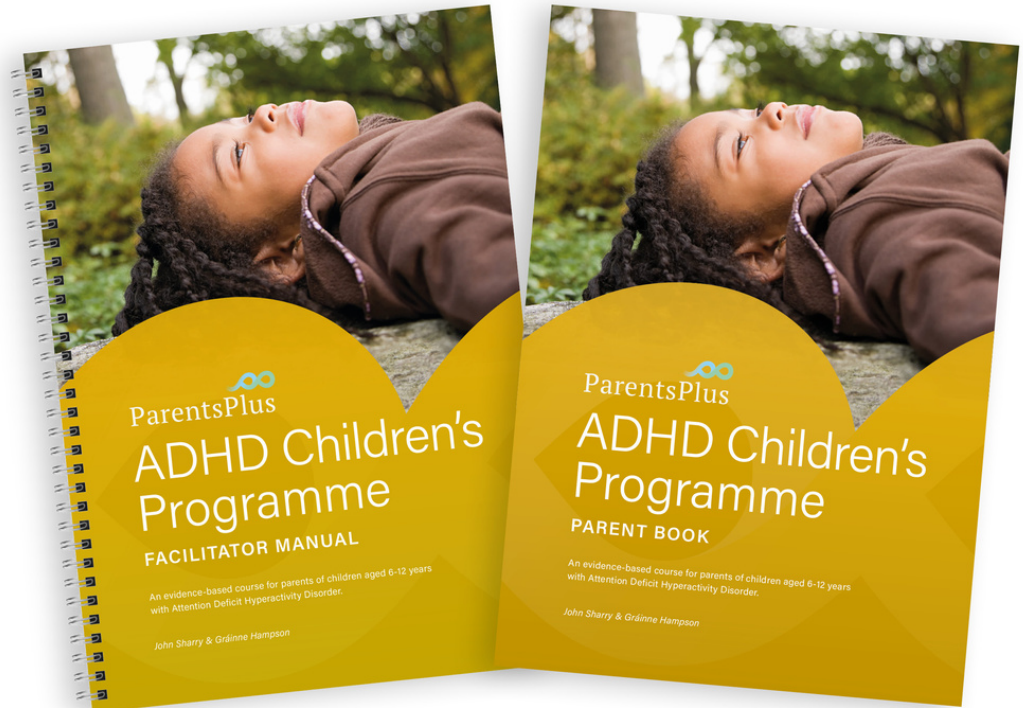
What The Parents Say About Our Programme

I benefited from the Parents Plus course in that I have a great understanding, I have better patience, I understand more about the neurological end of it and that we are not alone and that there are so many parents going through what we go through
Father of an 11-year-old daughter

Very useful and helpful – definitely a great box of tools and I would say a must for parents of ADHD kids
Mother of an 11-year-old son

The Parents Plus course is the only support we have received as a parent. We got some help for the children in the school and through CAMHS but as a parent, we had nothing until we attended the course
Mother of an 11-year-old son

The course was good support and when you feel exhausted and so demotivated you can't feel the energy to go ahead and do more the group helps you say ok that was a bad day today is another day. Just start again.
Mother of an 11-year-old son



READ MORE



ADHD Children's Programme Training for Professionals

What The Parents Say About Our Programme

The Parents Plus course is a great source of support and information for parents or anyone looking after a child with ADHD. It explains a lot about what it is and why your child behaves in a certain way and it supports you in the way that you are feeling too because it acknowledges how you feel as a parent

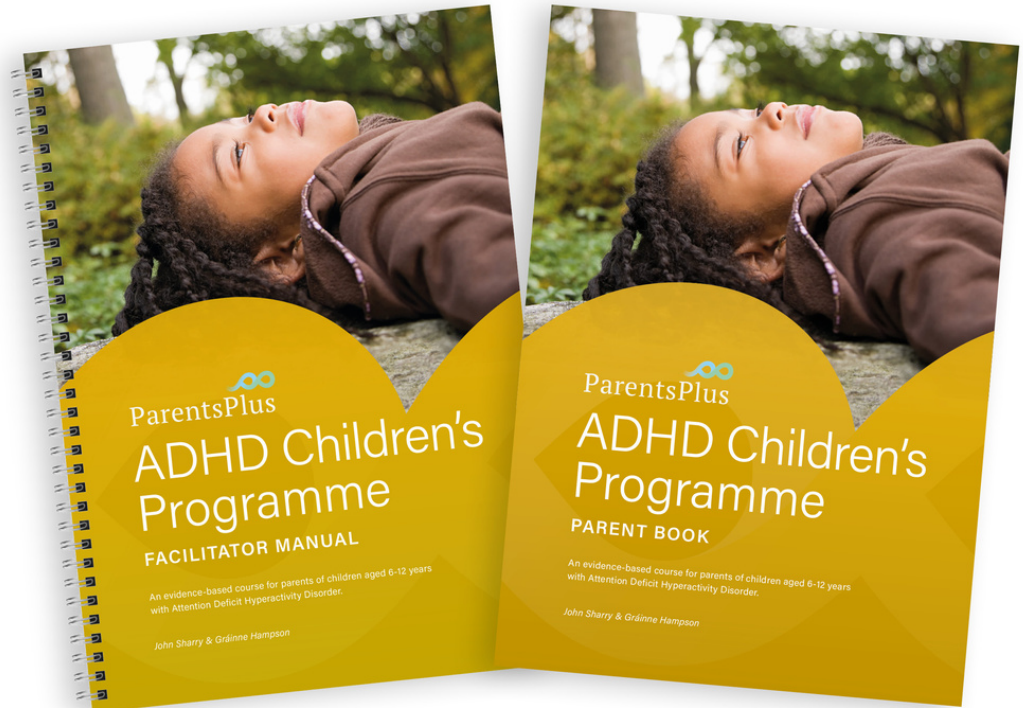
Mother of an 8-year-old son

[my husband] sat in the background one or two of the nights listening and he just turned to me and he said to me, we are not alone at least we know it's going on in other people's houses, so that was a big thing, especially with us coming out of lockdown.

Mother of a 12-year-old daughter

it is really invaluable to focus on different techniques and reaffirm techniques that you are doing already that you may not feel that what you are doing is right but actually, it is along the right lines and really key to being able to connect up with other people with similar experiences and be able to get that experience and support through a larger network group.

Mother of an 9-year-old son



READ MORE



We are a charity that train and mentor those who work in Community, Health, Education and Disability services, to improve outcomes for families, with our evidence-based parenting and mental health programmes.

Universal, Preventative and Targeted Solutions

Backed by over 25 years of research, our programmes have proven benefits for families, including those dealing with disadvantages, disability and mental health problems, as well as the normal ups and downs of family life.

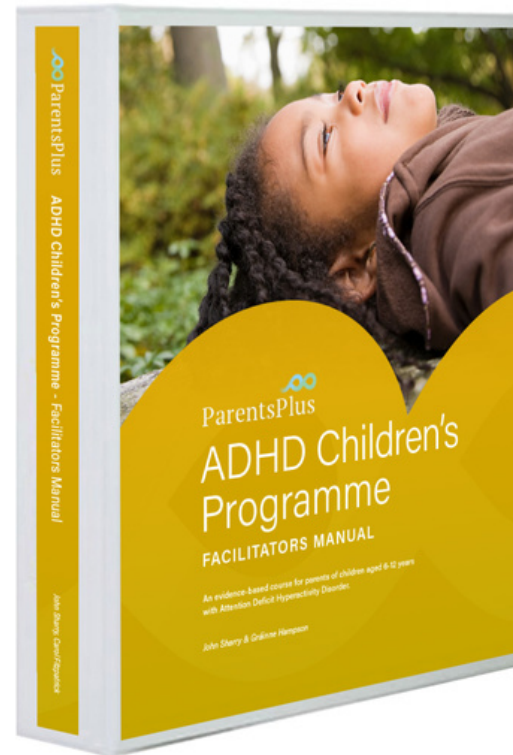
All profits from sales of programme training and supervision is re-invested in developing new evidence-based programmes to respond to the evolving needs of families, and to sponsor facilitator training and supports of services with limited budgets, who work with high need families.

[LEARN MORE](#)



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ParentsPlus
Empowering Professionals to Support Families

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