

Use this tool to help you and a practitioner decide about getting help or support for your child's difficulties sitting still or concentrating. Both grids for this presenting difficulty should be used together.

Note: You may want to try other types of help or support alongside the ones listed here. The evidence suggests that combining multiple help or support options for behavioural difficulties (for example, parent training, child school support, individual child work, and child medication) may be more likely to help than one type of help or support alone.

Parent support groups

Parent training

School support

Common questions

What will this involve?

Groups are usually run by volunteers in places like a community centre or a church. They can take place 1-2 times a month and can involve other parents of children who have difficulties sitting still or concentrating.



You (and your partner, if appropriate) will usually meet once a week for 2-3 hours to receive parent training or education in a group. These trainings last from 3-12 weeks and may involve other parents of children who have difficulty sitting still or concentrating. They can be done alongside a group treatment programme for your child (e.g. CBT and /or social skills training).



This can involve speaking with your child's school to ensure that your child is given extra support.



What will happen?

These groups can offer a safe space for parents to support each other and share information. Parents or carers can share stories of parenting their children and provide each other with support and advice.



These trainings can help you manage and better understand your child's behaviour. You will learn a combination of good behavioural management skills and background information about ADHD.



The SENCO (special education needs coordinator) at your child's school can work with you to come up with a plan that meets your child's needs.



How will this help my child?

You could find out ways to manage your child's behaviour and help your child have the best quality of life.



This could help you learn new and different skills that can help you with parenting your child. Using these skills may help improve your child's behaviour.



This could include the creation of an individualised education plan for your child, behavioural modifications, and/or extra teaching support and guidance, all of which might help your child to sit still and concentrate at school.



Will I see the same people?

The people who come to and run these meetings can change.



You will usually have one leader for the whole of the programme.



You will not necessarily see a therapist for this type of support.



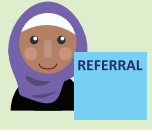
How can I access this support?

Ask a therapist what is available in your local area. You can also find support group listings online.



Common programmes include: the Incredible Years - Webster Stratton, 1-2-3 Magic, Parenting with Love and Limits, and Triple P (Positive Parenting Programme). Ask a therapist or GP what is available in your area.

A therapist can help to facilitate this support. You can also speak with your child's school directly.



References

1. Title

- a. Current View tool

2. Note at top

- a. What Works for Whom: p. 230

3. Treatment options

- a. NICE NG87 1.5.10-1.5.12: <https://www.nice.org.uk/guidance/ng87/resources/attention-deficit-hyperactivity-disorder-diagnosis-and-management-pdf-1837699732933>
- b. NICE NG87 1.2.4: <https://www.nice.org.uk/guidance/ng87/resources/attention-deficit-hyperactivity-disorder-diagnosis-and-management-pdf-1837699732933>

4. What will this involve?

- a. Cutting Edge Psychiatry in Practice (CEPiP): <https://www.cepip.org/content/parent-training-and-support-groups>
- b. NHS Choices: <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/diagnosis/>

5. What will happen?

- a. Cutting Edge Psychiatry in Practice (CEPiP): <https://www.cepip.org/content/parent-training-and-support-groups>
- b. NHS Choices: <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/diagnosis/>

6. How will this help my child?

- a. Cutting Edge Psychiatry in Practice (CEPiP): <https://www.cepip.org/content/parent-training-and-support-groups>
- b. What Works for Whom: p. 229-230

7. Will I see the same people?

- a. Expert consensus

8. How can I access this support?

- a. Cutting Edge Psychiatry in Practice (CEPiP): <https://www.cepip.org/content/parent-training-and-support-groups>
- b. Expert consensus

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