

Understanding and Supporting ADHD Children and Young People Workshop

This workshop aims to build on parents/guardians/carers' understanding of the physiological processes that happen when we and children feel strong emotions. Key themes will include:

- What is ADHD? ADHD myths and ADHD in mainstream media.
- Understanding common ADHD traits/difficulties (e.g. relating to executive functioning, self-regulation, dopamine seeking, demand anxiety, etc.)
- Strategies/approaches to support ADHD CYP's wellbeing & development.
- Neurodivergent families – supporting self-awareness and self-care

Ideas for practical strategies that can help children and young people to regulate will be shared.

The aim of this workshop is for parents/guardians/carers to feel more confident:

- Supporting their children to regulate for improved wellbeing.
- Trying out strategies that might help their children regulate.

When: Monday 9th June 2025 10am–11am

Where: Citizens Advice Mid Mercia, 114 Church Street, Church Gresley, Swadlincote, DE11 9NR

Who: Parents/guardians/carers of children and young people that live in South Derbyshire.

To book: call 01332 228744 or email ch@citizensadvicemidmercia.org.uk for more info



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