



Understanding and supporting ADHD children and young people

Outline:

This workshop aims to build on parents/guardians/carers' understanding of ADHD, guide their approach to supporting ADHD children/young people, and highlight the potential benefits of adopting neuro-affirming strategies/approaches.

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

Outcomes:

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

- Understanding ADHD and how ADHD traits may impact a child's emotions, behaviour & learning.
- Understanding the potential barriers experienced by ADHD children and young people, their parents/guardians/carers and staff in school.
- Understanding a range of strategies/approaches to support the wellbeing & development of ADHD children and young people.

Audience:

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

Date: Monday 16th June 2025, 10:00-11:00am

Location: St James Centre, Malcolm Street, Derby DE23 8LU



Derbyshire Educational Psychology Service

Making and Difference: Enabling positive change through listening, optimism, and insight