

A free daytime course
for parent/carers of
pre-teens and teens

Facilitated by specialist
ADHD/Autism Trainers
from ADD-vance



Understanding Teens with ADHD and Autism for parent/carers

This 6-week course is designed to meet the needs of parent/carers with children aged 11—16 at secondary school with a diagnosis or suspected diagnosis of ADHD and/or Autism

Wednesdays 10 am—12 pm
on
5th, 12th, 19th, 26th June,
3rd, 10th July 2019
(all sessions must be attended)
at

Hatfield Fire Station Community Room, Wellfield Road
Hatfield AL10 0DA

Please book via Eventbrite: <https://add-vance-understanding-teens-hatfield-summer2019.eventbrite.co.uk>

Places are limited and this course is always popular and oversubscribed,
so please do book early to avoid disappointment

This course is open to residents of Hertfordshire only

ADD-vance

The ADD-vance ADHD and Autism Trust
Working to support people with ADHD and Autism in Hertfordshire

Foundation House, 2-4 Forum Place, Hatfield, Herts AL10 0RN
Helpdesk: 01727 833963 Email: Herts@add-vance.org
Web: www.add-vance.org Reg. Charity No. 1158968



Who is this course for?

Parent/carers of pre-teens and teens aged 12-16 (or 11 and already at secondary school) with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed.

Every course is bespoke to the needs of each group. Learning Outcomes may include:

- Understanding of neurological and physical changes for all teens and how these are magnified for Autism/ADHD
- Tips and strategies for managing issues around hygiene, need for privacy, body changes etc.
- Psycho education on Autism and ADHD and how it feels to be different and coming to terms with diagnosis
- Supporting parent/carers to develop strategies and tools to teach, foster and build positive relationships for their young people
- Understanding the importance of empathy, listening, side by side communication, problem solving and negotiation
- The importance of giving responsibility
- The dos and don'ts of rules and boundaries
- Understanding anxiety and developing strategies to manage and regulate emotions
- Spotting the signs of secondary mental health disorders such as: anxiety, depression and eating disorders
- Understanding the importance of good self-esteem for both parents and young people and how to develop healthy self-esteem
- Understanding how to safely manage growing levels of independence
- Understanding and managing risk taking behaviours
- Developing strategies to support problem solving
- The importance of building a positive, collaborative relationship with school and how to advocate for your child

When and where will the course take place?

On Wednesdays from 5th June to 10th July, 10 am to 12 pm

At Hatfield Fire Station Community Room, Wellfield Road, Hatfield AL10 0DA

How do I book a place?

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