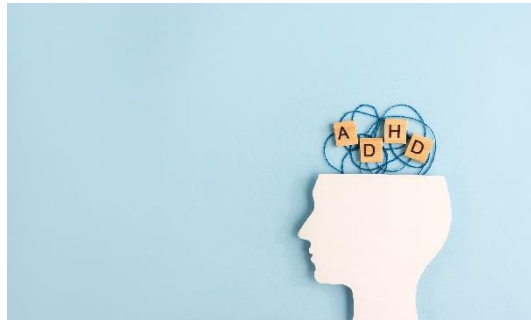


AN INTRODUCTION TO ADHD



MIDAS, Meadowfield School, Swanstree Avenue, Sittingbourne, ME10 4NL

Date	9 th October 2023
Time	09:45-12:45
Presented By	Tracey Farley

This introductory course will consider the strengths children with an ADHD diagnoses might have, as well as outlining how to effectively support additional needs.

In this half-day workshop we will cover:

- What ADHD is and how it impacts upon the child and adolescent brain
- What is executive function and how to support deficits
- How gender impacts upon ADHD presentation
- Supporting well-being and positive sense of self
- Tools and ideas which support independence
- Practical tools and advice
- ADHD and emotional regulation
- Sharing of free resources for ongoing support
- Explore strategies that may support sleep

This workshop is suitable for parents and carers of children and young people with a diagnosis or a noticeable difficulty.

This workshop is £5 per participant
Refreshments are provided

For bookings please contact: midas@meadowfield.kent.sch.uk or telephone MIDAS Centre on 01795 477788, option 6.