



## Isle of Wight Parent Factor Programme.

**Facilitator Lead: Anne Cheek:** Anne has extensive experience working with young people and families and knows a lot about challenging relationships and behaviour. She also has lots of knowledge around parenting. She has been delivering parenting programmes, such as the New Forest Programme, Parent Factor and Cygnet, for many years and loves to see families benefit from the advice, information and support provided.

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Isle of Wight Parent Factor Programme

# Parent Factor in ADHD

Information for parents and carers

Referred by IOW Pediatrician

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## Aims of Parent Factor in ADHD

Barnardo's aim to support parents and carers who have children diagnosed with ADHD. This support, advice, and skills building group helps to empower parents over seven weeks to:

- **Gain** Confidence and skills for to Support a child with ADHD.
- **Consider** what it is like to be a child living with ADHD.
- **Explore** how positive parenting is beneficial to the whole family.
- **Discuss** strategies to support your child manage their behaviour.
- **Have** the opportunity to share experiences with other parents/ carers of children with ADHD.
- **Look** at different forms of Communication.



## Support package

The support we offer is delivered over eight weeks. It includes on-line learning, videos and presentations, and discussions delivered either face-to-face or via zoom in morning or evening sessions.

We also use a variety of support materials.

## Aims of the sessions

### Session 1

Introduction to the support package and an opportunity to learn and share information about ADHD.

### Session 2

To give relevant and understandable information about ADHD and how it can be treated. We will also look at the strategy of praise, why we praise and how this can help raise self-esteem.

### Session 3

To think about the tasks involved in being a parent and additional tasks when children have ADHD. We also look at parenting styles and which style we predominantly use. We move on to look at using reward systems.

### Session 4

To demonstrate the importance of good communication, giving instructions and listening, as well as considering ways of encouraging positive behaviour.

### Session 5

To look at self-esteem, the impact this has on behaviour and how we can build self-esteem in our children. We also look at spending time with our children, including teenagers.

### Session 6

To look at emotional behaviour, expressing emotions, and strategies to manage emotional self-regulation. We also consider consequences and how to use them.

### Session 7

To give parents information about the education system and their rights within it, sleep hygiene, social stories and sensory issues.

### Session 8

This final session covers peer and sibling relationships, as well as adolescence and puberty in our children with ADHD.