



SUPPORT FOR PARENTS/CARERS OF CHILDREN WITH ADHD

Here is a guide that provides insight into the ADHD diagnostic pathway, parental mentorship, and courses that focus on understanding and managing ADHD.

01 PATHWAY TO ASSESSMENTS AND DIAGNOSIS

If your child is showing signs of ADHD, then speak to your GP and school about your concerns. If needed, arrange a meeting with your child's teacher and school SENCO to ask if they are experiencing any concerns or challenges. Remember not all children are physically hyperactive, however they can be easily distracted, have difficulty paying attention, daydreaming, struggle with organising themselves, forgetful and losing things.

02 WAITING LIST AND PRIVATE DIAGNOSIS

Unfortunately, no matter where you are in the UK, there is a waiting list for an assessment. Children are normally referred to CAMHS or a Paediatrician, and the wait can be between 1 and 3 years. There is an option of getting a private diagnosis, which starts at around £700 plus extra for follow-up appointments and medication treatments. Visit: <https://www.adhdlancashire.com/childrens-adhd-private-assessments> for more information.

03 PRIVATE FACEBOOK GROUP SUPPORT

We have a private Facebook Group for parents of children with ADHD and co-occurring conditions. You can join a community here where you can ask any questions. Plus, we share many helpful tips every week. Visit: <https://www.facebook.com/groups/adhdlancashire> for more information.

04 PARENT MENTORING SERVICE

Are you feeling a bit unsure about how to navigate parenting a child with ADHD? Don't worry; our team of ADHD Parent Mentors are here to help! We understand the challenges that come with raising children diagnosed with ADHD because we've been through it ourselves. Visit <https://www.adhdlancashire.com/parent-adhd-mentoring-service> for more information

05 ADHD & POSITIVE PARENTING SOLUTIONS COURSE

We'd love to have you join us for this exciting journey over five weeks of Zoom sessions. These live and interactive classes will give you a chance to connect with other parents and caregivers who understand your experiences. They are delivered by Certified ADHD Coaches, parents who have been through a similar journey with their children. You will learn how to reduce conflict, stress and overwhelm to have a calmer home. Visit: <https://www.adhdlancashire.com/parent-adhd-course> for more information

USEFUL LINKS

[FACEBOOK PARENT GROUP](#)

[PARENT MENTORING SERVICE](#)

[ADHD & POSITIVE PARENTING SOLUTIONS COURSE](#)



www.adhdlancashire.com