

# Supporting a Child With ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a common condition affecting about 3%–9% of school-age children and young people in the U.K..<sup>1</sup> ADHD is the most common presenting condition at Child and Adolescent Mental Health Services involving about 30% of all referrals.<sup>2</sup>

The *Supporting a Child with ADHD* programme has been designed for parents, caregivers, and guardians who are looking to support their children, ages six to 12 who have been diagnosed with ADHD or are waiting for an ADHD assessment for their child who is displaying symptoms.

This programme incorporates elements of Cognitive Behavioural Therapy (CBT) with the intent to help parents manage the symptoms of their children's ADHD, as well as boosting their mental health, and creating connected family relationships.



## Skills and Strategies

Caregivers will gain an understanding of the challenges that affect their children, while also exploring and highlighting their strengths. Guardians will learn how they can implement daily routines, use mindfulness exercises, and be encouraged to create prevention and response plans.



## Encouraging Behaviour

Participants will be educated on the importance of encouragement and the best ways to support their child. They will learn practical tips for boosting self-esteem, support their child's friendships, and learn how to tune into their child's concerning behaviour.

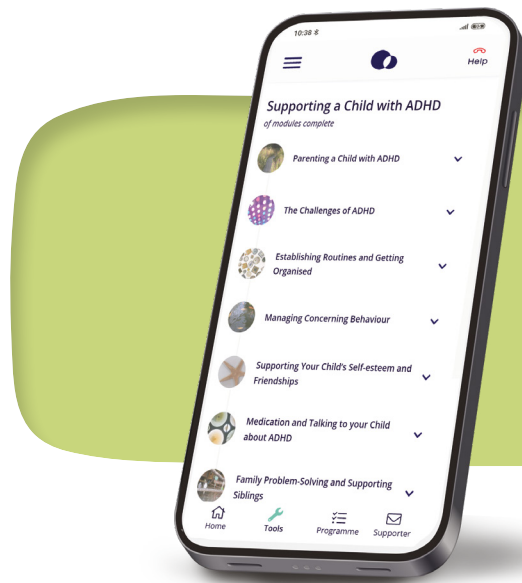


## Medication

Caregivers will learn about the different medication types and how these might benefit their children. This includes information on medication trials, medication doses, and medication effectiveness. Caregivers are encouraged to seek further advice from their specialist doctors.

## Supporting the Entire Family

- Caregivers will understand how to effectively problem-solve using the five-step method and will be encouraged to review their progress on a regular basis. Caregivers will also learn ways in which they can support siblings and how the entire family can embrace all areas of self-care.



## Modules

- Parenting a Child with ADHD
- The Challenges of ADHD
- Establishing Routines and Getting Organised
- Managing Concerning Behaviour
- Supporting Your Child's Self-esteem and Friendships
- Medication and Talking to your Child About ADHD
- Family Problem-Solving and Supporting Siblings

## Proven Tools

- Goals Tool
- Time to Unwind and Relax
- Empowering Your Child
- Medication and My Child
- My Communication Plan



Talk to us today



### References

1. <https://bmjopenquality.bmj.com/content/8/4/e000653>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8501731/>

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