

**At every step of the journey your resilience and self care matters.**



**This program is designed to support you throughout your entire journey.**

**What former participants have said:**

*This course provides many gifts to parents of children with ADHD... insightful knowledge, holistic perspective, safe space and other parents who understand and share similar experiences.*

*The course helped us as a couple to develop skills to support my children with ADHD to learn.*

*Very informative, professional, balanced, thought provoking, helpful and educational.*

**Next course starting 6th of March 2018 10.00am –12.pm  
6 week course on consecutive Tues 6th March - 10th April  
Cost: \$257**

**To book please contact LADS on 64577544 or visit our website on [www.lads.org.au](http://www.lads.org.au)**



**PARENTING PROGRAM**



# OVERCOMING CHALLENGES

## GUILT

Should I have done something differently as a parent?

## FEAR

I'm afraid for the future.

## SADNESS

Parenthood just isn't how what I thought it would be.

## EXHAUSTION

I feel like I'm permanently fighting.

## SHAME

Are my children's problems a reflection of me?

## CONFUSION

I have no idea where to turn or what to do that will help.

## ISOLATION

None of my friends understand what I'm going through.

## JUDGEMENT

Everyone is watching me, they must think I'm a terrible parent.



Whether you are new to the world of ADHD, or worn-out from managing it, we can help you reclaim your sanity, renew your energy and rekindle your passion for parenting.

This program will help you understand how ADHD impacts your life, as well as those around you, and teach you how to implement a strengths based approach to create the change you are looking for

### The parenting program is designed to;

Assist you to understand your child's challenges (**training**), in a supportive environment with other parents (**support groups**), with an innovative approach that is effective for children with ADHD and related challenges (**peer support and coaching**).

**Our professional team can assist you in personalising these tools and help you create a plan for using them in your home.**

### Content covered includes:

- What does it mean to be a 'good parent' in today's society?
- Understand the **neurobiology** of ADHD and how this impacts on your child's ability to carry out every day tasks and routines.
- Finding the **right tools for the job**: tuning into and supporting your child's specific needs.
- Growing and **flourishing**: providing an optimal environment for the child with ADHD
- Social learning and **social awareness** in children with ADHD
- Managing defiant behaviours and setting **boundaries**
- **Self-care**: dealing with stigma, stress and burn-out – how to nurture yourself so you can nurture your child.

*Renew your energy and passion  
for raising your children*

*Nurture yourself so you can  
nurture your child*