



The New Forest Parenting Programme

What is it? The New Forest Parenting Programme is a 6-week programme aimed at improving parents and carers knowledge of ADHD and how it affects their child.

On the programme, you'll meet other parents and learn ways to help you to balance:

- accepting your child as they are
- reducing your stress as a parent
- supporting your child to build their skills
- managing difficulties

Who is it for? The programme is for parents and carers of children aged 3-11 who have a diagnosis of ADHD or ADHD type characteristics.

How can I take part? To join, contact the Children and Families Hub team on 01534 51900, or email childrenandfamilieshub@gov.je.

The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit www.gov.je and search for *Children and Families Hub*

