



ADHD Solutions CIC Parenting Programmes

Behaviour management with a
difference



Let us introduce ourselves...

ADHD Solutions is a non-profit charitable company that supports children, young people and adults diagnosed or suspected of having ADHD (Attention Deficit Hyperactivity Disorder) their families and anyone that supports them or works with them.

ADHD Solutions CIC Aims:

To improve the life chances of people with Attention Deficit Hyperactivity Disorder (ADHD), by delivering a quality service that supports and empowers children/young people, adults and their families to take control of their situation, develop strategies for use at home, school and the work place and aid them in identifying critical times and preventing crises occurring.



What do Parents say?

It has given us a more positive attitude to coping with him and reinforced the strategies we were already using; very worthwhile.

Very, very useful, it has changed the way I deal with my child's behaviour. Already home life is less stressful and my self-esteem is higher. He is calmer now I am!

The course has given us a greater understanding of her behaviour and put it into context with 'normal' teenage behaviour.

Exactly what we needed at the moment I can't believe how simple it is - I would like to do more.

The course has helped with how to deal with situations in a more positive way, that helps both parent and child and takes away the frustration for us both.

Very effective course as long as you stick to it! It's nice to meet other parents in the same situation and who understand.



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LOTTERY FUNDED



Does your home feel like you are living in an earthquake zone?

Would you like to restore your battlefield into a home?

If so, then why not join us for a behaviour management programme with a difference...

Our programmes are written specifically for children and young people who have ADHD.

- '1-2-3 Magic' (created by Thomas W Phelan, PhD) is ideal for children aged 2 to 12. It is delivered in 3 sessions.
- 'Parenting Challenging Teens' is geared towards the 13+ age group. It is delivered in 4 sessions, along with 1 session for the young people themselves.

Both courses guide you through step-by-step, with the support of the Coach and each other and have a very high success rate.

Join us for our next course by:

- Looking out for details in our newsletter.
- Look out for details on our website - www.adhdsolutions.org
- Look out for details on our Facebook - ADHD SolutionsCIC
- Telephone the centre on 0116 261 0711.

1-2-3 Magic

1-2-3 Magic was written 30 years ago by American Psychologist Thomas W Phelan PhD and used successfully by his ADHD family. It is also available as a book and DVD.

1-2-3 Magic is highly recommended for families of ADHD children and young people and can form part of the assessment and diagnostic process. Our Coaches have seen a very high success rate among the hundreds of families that have tried it to date.

1-2-3 Magic is not easy, but it is simple! The course will guide you through step-by-step with support from the Coaches and each other to help along the way.

123 Magic is ideal for children between 2 and 12 years old. We recommend that you attend '1-2-3 Magic' before doing 'Parenting Challenging Teens' when ever possible. If you would like to take part in a course and find a simple solution to behaviour management for your family, then please get in touch with us.

1-2-3 Magic training is also available for schools.

Parenting Challenging Teens

P-C-T has been developed to follow '1-2-3 Magic' and help parents overcome the every day challenges of having a teenager with ADHD and/or challenging behaviour in your home.

P-C-T is highly recommended for families of young people with ADHD and our Coaching teams have seen a very high success rate among the many families that have attended the programme.

P-C-T is not easy, but it is simple! The course will guide you through step-by-step helping you to identify solutions to the challenges you face every day having a teenager with ADHD, with support from the Coaches and each other.

P-C-T includes a session with the young people to help them understand their ADHD and their behaviour and introduces them to the strategies we suggest.

P-C-T is ideal for young people over 12 years old. If you would like to take part and find a simple solution to behaviour management for your family, contact us and book your place.

