

Circle of Security Parenting

Children with ADHD often struggle with focusing, impulsivity, and hyperactivity, which can put a lot of pressure on their relationship with their parents. Parents may feel frustrated and overwhelmed with their child's behaviour, and their child may feel misunderstood or unsupported. Circle of Security Parenting can help parents respond to these demanding situations in a connected way that empowers both the parent and the child.

Children with strong ADHD traits get more negative comments from wider family members, teachers and other people who might perceive them as being rude, bossy or needy. It can be damaging to the child's self-esteem and emotional well-being. Circle of Security Parenting course can help parents create a safe space at home to help children with ADHD feel supported and understood as they navigate the challenges outside of the home and develop resilience.

Where: online

How long: 12 one-hour sessions

When: 1-2 pm on Wednesdays, February 21 - May 22

Cost: £285 per family

Use the QR code below to find out more and to book your place.



Help Your Child Thrive

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