



## [www.parentingwestlothian.org.uk](http://www.parentingwestlothian.org.uk)

### Welcome to Edition 5

#### The Parent Factor in ADHD

The Parent Factor in ADHD is a programme which has been written specially for parents of children aged up to 16 years who have a clinical diagnosis of Attention Deficit Hyperactivity Disorder. It is run by Liz Browne and Elizabeth McGoldrick from Barnado's, and the course has been running for some years successfully here in West Lothian. The course is offered only to families referred by Dr Kate Reid from St John's Hospital Livingston.

The programme has been developed to deliver the following aims:

- To increase parents knowledge of ADHD and its treatment
- To give parents insight into how it feels to be a child with ADHD
- To give parents advice on how to promote a more positive relationship with their child
- To educate parents on strategies for effective behaviour management

The course runs over 9 weeks, based in Melbourne House in Bathgate. Each session focuses on one topic per week and involves worksheets, discussions, activities and plenty time for sharing and discussing.

Topics covered include:

- Relevant and understandable information about ADHD and how it can be treated
- Tasks involved in being a parent of a child with ADHD
- Parenting styles
- Communication
- Feelings

- Education systems and parents rights within this
- Attention and responses

Some feedback from the past parents who completed the course included:

- As a parent I feel totally confident in my knowledge of how to parent my child with ADHD
- I learned to be more understanding and patient with my son
- I now understand that my child and his siblings develop differently and it takes my child with ADHD 10 times longer to learn skills
- Meeting other parents who are experiencing similar issues was fantastic and very supportive
- As a family we have much more support from others and feel we can socialise again without fear of embarrassment
- I learned so much about my self and how I influence my child
- I have altered my own parenting style to better suit our child

This year we have run one complete group so far which was attended by 12 parents on a regular basis and we are awaiting confirmation of names for another group which is due to start this month.

This group is funded from Health and Dr Kate Reid is continually seeking further money to continue enabling us to present this valued service.

Liz Browne, Elizabeth McGoldrick,  
Barnado's

Parenting West Lothian is a group of professionals concerned to see that support for parents is readily available.

We have a programme of groups and courses for parents included for the coming academic year.

Our web site ([www.parentingwestlothian.org.uk](http://www.parentingwestlothian.org.uk)) contains a lot of information on matters that parents of children ask about.

We have had a lot of enquiries about courses from parents of teenagers, and children of all ages, and we hope the web site will help parents find the right group/course in your area.

Groups we are running this year include:  
Getting Through The Day—for parents with children at Primary School  
Survival Course for Parents of Teenagers  
Incredible Years for parents with children under 6 years  
PEEP—for all parents whose children attend Nursery School  
And many others.

There are groups for parents with children with additional support needs, such as those on the autistic spectrum, and those with ADHD (in both these groups there needs to be a referral from professionals)

And there are lots more. We run the groups term by term. If you find the groups are full, we run support groups. One runs at Deans High School fortnightly, 9.30 till 11.30am on Fridays.

Follow the link to see the West Lothian Parenting Programme:

[www.parentingwestlothian.org.uk/Parenting%20Programmes.pdf](http://www.parentingwestlothian.org.uk/Parenting%20Programmes.pdf)

A list of the groups and courses available.

#### **Other Useful Links**

**Parenting Across Scotland -**  
[www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)

**BBC -** [www.bbc.co.uk/parenting](http://www.bbc.co.uk/parenting)

**Parentline Scotland -**  
[www.parentlinescotland.org.uk](http://www.parentlinescotland.org.uk)

**Open2Net - Family and Child Development -**  
[www.open2.net/healtheducation/family\\_childdevelopment/index.html](http://www.open2.net/healtheducation/family_childdevelopment/index.html)

**Hands On Scotland -**  
[www.handsonscotland.co.uk](http://www.handsonscotland.co.uk)

**Child Development Institute -**  
[www.childdevelopmentinfo.com](http://www.childdevelopmentinfo.com)

**Parents Centre -**  
[www.parentscentre.gov.uk](http://www.parentscentre.gov.uk)

**Parent Network -**  
[www.parentnetworkscotland.org.uk](http://www.parentnetworkscotland.org.uk)

**Fathers Network Scotland**  
<http://www.fathersnetwork.org.uk/>

**Family Caring Trust -**  
[www.familycaring.co.uk/istough.htm](http://www.familycaring.co.uk/istough.htm)

**Family Mediation -**  
[www.scottishmediation.org.uk/mediation/family.asp](http://www.scottishmediation.org.uk/mediation/family.asp)

**Family Mediation -** [www.relationships-scotland.org.uk/family\\_mediation.shtml](http://www.relationships-scotland.org.uk/family_mediation.shtml)