

ADHD

TIPS FOR FAMILIES UNDERSTANDING AND MANAGING

Dear parent/carer:

Your child has a diagnosis of ADHD and it is likely you have familiarised yourself with this condition from various sources.

However, you may wish to hear more about aspects of this complex condition from professionals who deal with it regularly.

In February 2020 we will hold a full day discussion around various aspects of ADHD to include the medical basis of it, how it affects the child/YP and family, how you can support your child at home and in school, sleep, diet, exercise and such issues.

These talks will be by various professionals and you will have the opportunity to ask questions as well.

DATE:	13TH FEBRUARY 2020
TIME:	9.30AM—2.30PM
VENUE:	SUTTON COTTAGE HOSPITAL
TO BOOK:	RING <u>0121 465 5650</u> PLEASE LEAVE YOUR CHILD'S NAME AND CONTACT NUMBER

