



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE



Parent Training

ADHD Wise six week Foundation

Course for our members

The topics are:

- 1 - Understanding and managing ADHD**
- 2 - Praise, criticism and motivation**
- 3 - Organisation and time management what works and why**
- 4 - Learning and what you can do at home and what they can do at school**
- 5 - Diet and nutrition**
- 6 - Sleep**

We are holding two information talks about the training on either:

- Tuesday 2nd March at 6.30pm - 8.30pm**
- Sunday 14th March at 9.30am -11.30am**

The six week course will start on
Sunday 21st of March, 9.30-12.30
(you need to commit to six weeks training)

Please email admin@snappf.org.uk to book a place