



# London Neurodiversity Umbrella Project

## Parent/Carer webinars

The ADHD Foundation Neurodiversity Charity will be hosting live, 90 minute parent/carer support sessions between May 2024 - July 2024. These sessions will be held online (they will not be recorded).

To register for the sessions, please follow the links on the following pages.



### Topics covered

Understanding ADHD - The session we will explore the characteristics of Attention Deficit Hyperactivity Disorder (ADHD) and how they present in children and young people. The common myths and misconceptions of ADHD will be explored, empowering Parents/Carers to advocate for their child and implement strategies in the family home.

Neurodiversity and lifestyle - The session will explore the importance of sleep and the impact poor sleep may have on neurodivergent children and young people. The session will also explore some of the common food challenges associated with Neurodiverse conditions and the importance of exercise and movement.

Understanding Neurodiversity - The session will explore neurodiversity, looking at some of the common conditions and co-occurrence. The session will provide an insight into specific challenges and barriers neurodivergent children and young people may experience including executive function impairment, sensory integration difference and emotional reactivity. Strategies will be introduced that can be implemented in the family home.

Understanding and supporting emotional self-regulation - The session will explore the stress response system, some of the potential triggers children and young people may experience and strategies to support emotional regulation.

Understanding and supporting Autism - The session will explore autism and look at the diagnostic criteria, the main characteristics and how they may present. We will also consider the challenges and barriers autistic children and young people may experience and strategies to support them.



To access the live session please click on the course title below or scan the QR code.

## Understanding ADHD

20.05.24	<u><a href="#">Understanding ADHD</a></u> 	1pm
12.06.24	<u><a href="#">Understanding ADHD</a></u> 	7pm
28.06.24	<u><a href="#">Understanding ADHD</a></u> 	10am

## Neurodiversity and lifestyle

23.05.24	<u><a href="#">Neurodiversity and lifestyle</a></u> 	7pm
14.06.24	<u><a href="#">Neurodiversity and lifestyle</a></u> 	10am
01.07.24	<u><a href="#">Neurodiversity and lifestyle</a></u> 	1pm

If you would like anymore information about the project, please contact Emma Weaver via email: [emma.weaver@adhd.foundation.org.uk](mailto:emma.weaver@adhd.foundation.org.uk)

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## Understanding Neurodiversity

5.6.24	<u><a href="#">Understanding Neurodiversity</a></u> 	10am
17.6.24	<u><a href="#">Understanding Neurodiversity</a></u> 	1pm
04.07.24	<u><a href="#">Understanding Neurodiversity</a></u> 	7pm




## Understanding and supporting Emotional Self Regulation

07.06.24	<u><a href="#">Emotion regulation</a></u> 	10am
25.06.24	<u><a href="#">Emotion regulation</a></u> 	1pm
10.07.24	<u><a href="#">Emotion regulation</a></u> 	7pm

If you would like anymore information about the project, please contact Emma Weaver via email: [emma.weaver@adhdfoundation.org.uk](mailto:emma.weaver@adhdfoundation.org.uk)

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## Understanding and supporting Autism

27.6.24	<u><a href="#">Understanding Autism</a></u> 	1pm
08.07.24	<u><a href="#">Understanding Autism</a></u> 	10am
15.07.24	<u><a href="#">Understanding Autism</a></u> 	7pm

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via email: [emma.weaver@adhdfoundation.org.uk](mailto:emma.weaver@adhdfoundation.org.uk)