

Appendix 7: Parental and family Case Study, December 2022.

Collated by Lynne Johnston, Childrens Services Manager, Barnardo's,

The case study was written by a parent who attended our post diagnostic parenting group – Barnardo's Parent Factor in ADHD (leaflet with details of the group are attached). Both parents (mother and father) attended the 8-week group which ran from twenty-eight. 9.22 – 16.11 22. This was a face to face parenting group in Reigate.

They provided their feedback on 17th December 2022.

The mother also shared that she had called the Out of Hours Helpline on 12th October 2022 (OOHH service leaflet also attached), and it 'literally' saved her life. She spoke of the 'wonderful way the lady' spoke to her and helped her to 're-frame and understand' her thinking and feelings. She said that it stopped her directing her anger at her son when she was 'really angry' at herself. The ADHD Out of Hours Helpline is run by Barnardo's Surrey Positive Parenting Service team who run the post diagnostic ADHD parenting group that the parents attended – so the strategies and message given to the parent were consistent with the information given on the parenting course.

Background

Issues at the time of starting the course.

Our youngest son was becoming:

- Withdrawn
- Rude
- Troublesome at school
- Isolated
- Disengaged

Other factors:

Both older siblings were away at university, so isolation was increased.

As parents we were:

- Losing hope
- Becoming desperate to change and improve the situation
- Withdrawing from the already fragile relationship with our son
- Becoming increasingly frustrated and angry at our son's behaviour
- Spending a lot of time repairing / replacing / mending / cleaning and clearing up after him

On the course we learnt and/or gained an appreciation of:

1. Responses to poor behaviour "You always get more of what you give the most attention to."
2. How most "simple" activities are quite complicated and because of the complicated nature of the actions, steps are often missed or sometimes the entire activity is given up on by our son – like brushing teeth.

3. Self-esteem and its value to the child and to the parents because of the behavioural aspects it effects.
4. Other peoples' scenarios and how, strategies can be compared
5. The value of the restorative conversation after a confrontation and its importance in behaviour and attitude going forward – for both the parent and child.
6. EHCPs and their value and how to go about getting one for a child.
7. What it is like to have ADHD et al, and so how this affects literally everything.
8. How the child's brain is typically a few years behind the child's physical age. This one simple fact has helped us understand the challenges both historically and in the future.

Both during and since the course:

Our son:

- NOT everything is perfect – it never will be - everything is better though
- Our son is now engaged with us and is conducting himself with more confidence.
- Behaviour is much more reasonable.
- He is more polite than he used to be and, after some coaching, has been getting into much less trouble at school.

We (The parents) are: Hopeful – this on its own is a great achievement of the course

- Engaging with our son
- Still annoyed with our son but a lot less so. Frustration and anger have now been reframed for us so that we have a much greater understanding of our son.
- Still spending time dealing with broken items, but this is now easier considering the above reframe.

Reflection

We both thought that the course could be a complete waste of time given we are experienced parents and have already successfully parented an ADD / OCD older sibling . We have been on parenting courses before, but we considered the benefits to be marginal. This course however was worth the wait and the travelling (25 miles each way). I did mention a refresher course every 6 months as most of the parents of ADHD (spectrum) children are somewhere on the spectrum themselves; this would certainly benefit us. The only thing that remains is for us to take the opportunity of thanking the Barnardo's Charity for offering such a course and further, for making it so thought provoking and pertinent. Our instructors were Pam & Louise, and they were brilliant, blending real personal experience with credible, proven strategies and brought the content to life.



2022_04_ADHD_Service_Leaflet_Profession



2022.10.31 OOH Leaflet for Parents.doc

This page is intentionally left blank