

## Smart Parents

- One to one coaching and support in the home
- Help with strategies and visual structure
- Behaviour Management
- 1-2-3 Magic
- Advocacy in Meetings
- Awareness and understanding of the condition
- Workshops
- Sleep advice
- Self esteem and anxiety
- Anger management
- Challenging behaviours
- Non Violent Resistance

### Training



All these are supported in the home or a workshop. Contact for more details.

If you would like to know more information about this service

Please contact:

Jacky Moore

[adhdsmart@outlook.com](mailto:adhdsmart@outlook.com)

Or give me a call on:

07717363919



Website:

[www.adhdsmart.co.uk](http://www.adhdsmart.co.uk)



ADHD Smart is an independent consultancy providing Information, advice and training for educational settings, community groups, in the home and to other professionals based in and around Northamptonshire.

## About Me

As a parent of two children with ADHD, ASD and Oppositional Defiant Disorder I fully understand the difficulties and challenges that arise from caring for children with SEN and challenging behaviours. But also recognising the amazing qualities these young people have too.

I am empathic, creative and like to think outside the box when it comes to bringing up children with SEN.

I ran the ADHD service for Northamptonshire for two years and have a proven record of working with parents and schools.

Also for a number of years I have been responsible for co running a successful support group in Northampton for parents of children with ADHD and ASD.

## Credentials

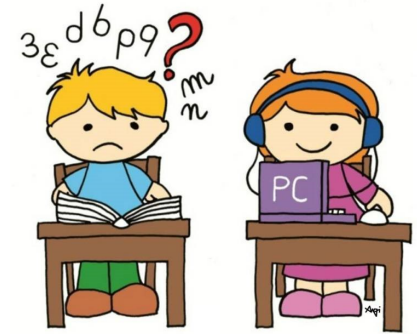
### Professional development

- Advocacy
- Anxiety Management
- Sleep Disorders
- Protective Behaviours
- Challenging Behaviours
- 1-2-3 Magic Practitioner
- Behaviour Management
- Non-Violent Resistance training program
- ADHD Management in school
- ASD training in many areas of the condition.

Fully DBS Checked and I am able to work with young people in school.

Fees apply to all services

## Smart Schools



- School visits
- Training on ADHD awareness
- Bespoke training
- ADHD in the Classroom
- Whole school 123 Magic teacher training
- Protective Behaviours for ADHD
- Individual support and coaching for pupils
- Other educational settings just ask!