

ADHD Superheroes Feedback Form



Together We Achieve

Something I valued about coming today was:

- Meeting with SEN parents
- Hearing from the children
- Having the opportunity to speak to other parents and giving (my child) the chance to see how valued he and ADHD is
- That I'm not the only parent going through this, and it's been really supportive
- Hearing stories of people with the same things at home happening
- Meeting other parents with the same thing in common.
- Discussing strategies.
- Realising I'm not alone.
- Being supported.
- Meeting other parents going through the same thing, it really surprised me
- Listening to the boys share their stories and experiences. Miss Green sharing her journey with such positivity. Mrs Pearl for her forever support and care.
- Knowing other parents and idea of more regular meetings
- The boys were fantastic!
- Meeting other parents and sharing experiences and advice.

If I could share a piece of advice or knowledge with another parent, it would be:

- Keep going!
- Pick your battles
- Take each day as it comes
- It seems we are not alone
- Join as many support groups as possible - it helps!
- Talk to others - sharing truly does help
- It's not just you
- Do lots of research and don't listen to the scare mongering. Everyone presents differently and has different experiences.

Something I would be interested in doing at school / being involved in is:

- A group for SEN parents (not just ADHD)
- The opportunity to meet as a group or have others contact details would be good as a chance of support
- Group for parents in the same boat seems like a good idea
- Anything!
- Talking groups with other parents.
- More insight from the children themselves about how they feel

- Raising awareness or fundraising for resources if needed
- A support group for parents

Anything else?

- It would be great to do something similar for Autism awareness
- Fab! Thanks for putting this on
- Interested in other meetings with parents
- Thank you for normalising what we are going through
- No - it was fab!
- Thank you - what an amazing support we have here at HBJS!
- Would be a good idea to make it a neurodiversity group to include ASD