



# ADHD FOR PARENTS & CARERS

## OUR AIM AT NIP IN THE BUD

At Nip in the Bud, we focus on early intervention - spotting when a child may be struggling before crisis point. Created with clinical experts, educators and families, these free, evidence-based resources help parents and carers recognise early signs of mental health or neurodivergent needs and respond with confidence and care.

## WHAT IS ADHD

ADHD is a neurodevelopmental condition that affects how a child regulates attention, activity and impulses, influencing their learning, behaviour and participation across different settings.

[How to recognise ADHD symptoms in Children](#)

## UNDERSTANDING THE ISSUE THROUGH FILM

If you're worried about your child and not sure where to start, you're in the right place. These resources explain what's happening and what to look out for - simply, clearly and without judgement. Films with expert advice and lived experience to help you make sense of what's happening.

[Understanding ADHD](#) | [Understanding Neurodiversity](#)

## REAL FAMILIES, REAL STORIES

Short films from parents, carers and children who've faced similar challenges and found ways forward.

[Debbie's Story; ADHD, Black Women and Masking](#) | [Raising a child with ODD and ADHD](#)

## FACTSHEET

Key information at a glance - clear, quick and easy to refer back to.

[ADHD in Children](#)

## TIPS FOR PARENTS AND CARERS

Easy, practical ideas from Dr Sian Williams, to try at home - no specialist training needed.

[ADHD Tips for parents and carers](#)

## PARENTING ADVICE FROM DR BETTINA HOHNEN

Expert guidance from child psychiatrist Dr Bettina Hohnen on supporting emotional wellbeing.

[Parenting a Child with ODD and ADHD Q&A](#) | [ADHD in Girls Q&A](#)

## RELAXATION & MEDITATION TECHNIQUES

Simple, calming exercises for you and your child to help manage stress together.

[Mindfulness in Nature series with Yoga, Meditation and Wellbeing Teacher Alis Rocca](#)

## PODCASTS TO LISTEN TO

Conversations with experts and families sharing honest stories and ideas.

[Trauma & ADHD: Supporting children at home and at school](#) | [ADHD and ADD: a conversation with Lisa Tills, Educationalist and Parent](#) |

Short on time? Listen to these nuggets of practical and insightful conversations;

[Understanding how to parent in line with your child's development](#) | [Using Executive Functioning Frameworks to help learning](#)

## ARTICLES & INSIGHTS

Trusted, jargon-free reads offering advice, real experiences, and fresh perspectives.

[Parenting a Neurodivergent Child](#) | [Why ADHD can go undiagnosed](#)

## FURTHER HELP & READING

Links to organisations and resources where you can find ongoing support and professional guidance.

[Centre for ADHD and Autism](#) | [ADHD Foundation](#) | [Young Minds](#)