

## ADHD Awareness Month – free online learning for parents and carers with neurodiverse children

In the UK, between 2% and 5% of school-age children are currently considered to have ADHD (Gov.uk).

As part of ADHD Awareness Month, we would like to highlight FREE online learning available to parents and carers of children who may be neurodiverse or have other additional needs.

#LearnForLove, part of Connect Somerset, offers free online learning (worth £100) to **all** residents in Somerset. Topics include:

- **Moving up to secondary school for children with additional needs** - support both you and them as they transition into secondary school.
- **Understanding your child with additional needs** - ideas and techniques to help better understand your child, their emotions and how to help them process or manage them.

These learning resources also include a range of other topics, such as pregnancy, labour and birth, parenting, mental health and wellbeing, and relationships.

Residents can access the online learning by:

- Visiting [bitly/LearnForLove](https://bitly.com/learnforlove) or scanning a QR code with their phone
- Entering the code '**dragon**'

An email address is required for those signing up, but no other personal information is needed.

**#LearnForLove** is a Connect Somerset Project delivered by Somerset Council. Connect Somerset is a partnership between Somerset Council, Somerset NHS, Voluntary, Community, Faith and Social Enterprises (VCFSEs), schools, colleges and early years settings, which aims to make it easier for Somerset residents to get the help they need and to get it early.