



- **Foundation of non-pharmacological support**
 - Daily appreciation of strengths: *'What 3 things am I proud of today?'*
 - Daily mindfulness: *at least 10mins – Smiling Mind app*
 - 4 pillars
 - Good regular food
 - Good sleep
 - Regular exercise: *30mins/day*
 - Resonant breathing: *at least 10mins/day – Breathe2Relax app (balances autonomic systems)*
- **Hertfordshire Neurodiversity Parental Support Hub:**
 - 01727 833963; supporthub@add-vance.org
- **Websites**
 - CYP Neurodiversity support: [Neurodiversity Support](#))
 - Toolbox: www.thetoolbox.mindler.co.uk) Hertfordshire
 - Add-vance: www.add-vance.org)
 - Angels: www.angelssupportgroup.org.uk)
 - SPACE: www.spaceherts.org.uk)
 - <https://www.drhallowell.com/adhd/adhd-resources/>
 - <https://www.understood.org>
- **Healthier Together Hertfordshire Resources:**
 - <https://www.hwehealthiertogether.nhs.uk/health-for-young-people/mental-health-and-wellbeing/attention-deficit-hyperactivity-disorder-adhd>
 - <https://www.hwehealthiertogether.nhs.uk/parentscarers/children-complex-needs/support-advice-parents-neurodiversity>
 - <https://www.hwehealthiertogether.nhs.uk/parentscarers/support-advice-parents-send-services>
- **HertsHub:** www.hertshub.co.uk
- **Sleep difficulties:**
 - Sleep clinic <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>
 - *For CYP < 16 with a brain related condition and disrupted sleep routine*
- **Books:**
 - 'Attention Girls' by Patricia Quinn: ADHD for Girls 8-13yr
 - 'Thriving with ADHD Workbook for Teens: Improve Focus, Get Organised and Succeed' by Allison Taylor