

New Strategy Based Films for parents/carers and Professionals New for 2026

**What is
Emotionally Based
School Avoidance**



**Risk factors for
Emotionally Based
School Avoidance**



**Tips for
Emotionally Based
School Avoidance**



**Thriving with
ADHD in school**



**ADHD
and sleep**



**Reframing
ADHD**



Girls and ADHD



**ADHD – order out
of chaos**



**Growing older and
changing ADHD
symptoms**



**The importance of
sleep**



**Tips to support
sleep optimisation**



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videos, scan these
QR codes