

New Forest Parent Program: A Creative Approach to Improving Parental Participation in the Care Program for Children with Attention Deficit Hyperactivity Disorder

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Abstract

One of the recent initiatives that has gained attention for the care of children with ADHD is the New Forest Parent Program (NFPP). The NFPP is a family-centered intervention specifically designed to guide and assist parents of children diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). This program focuses on the challenges faced by parents of children with ADHD and provides targeted support aimed at educating and equipping them with effective strategies to enhance their caregiving abilities and adapt to their situation. It can be said that the goal of programs like NFPP lies in the urgent need for effective, non-pharmacological interventions for managing ADHD in young children. Early childhood is critical for cognitive development, and early intervention can fundamentally alter the trajectory of children's behavioral and emotional growth. NFPP empowers families by equipping parents with the necessary tools and strategies to address the challenges associated with ADHD, promoting positive long-term outcomes. Furthermore, the program's focus on the role of parents as primary agents of change is significant. It recognizes that family involvement in children's therapeutic processes is essential and facilitates an environment where children can thrive amidst the challenges posed by ADHD.

Key Words: Care Program, Children with attention deficit hyperactivity disorder, New forest parent program, Parental participation.

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DEAR EDITOR

Children with Attention Deficit Hyperactivity Disorder (ADHD) require continuous care due to the nature of their condition, which is essential for preventing potential harm and addressing their daily living needs. Therefore, the involvement of parents of these children in care programs can significantly impact the care process for these patients and improve their developmental outcomes. One of the recent initiatives that has gained attention for the care of children with ADHD is the New Forest Parent Program (NFPP). The NFPP is a family-centered intervention specifically designed to guide and assist parents of ADHD. The program addresses parental challenges by providing education and strategies to improve caregiving and adapt to their child's needs. This program focuses on the challenges faced by parents of children with ADHD and provides targeted support aimed at educating and equipping them with effective strategies to enhance their caregiving abilities and adapt to their situation (1).

NFPP is a home-based intervention guided by parents, targeting children aged 3 to 11 who exhibit moderate to severe ADHD symptoms. The duration of this program typically lasts eight weeks, consisting of weekly sessions that each last approximately 1 to 1.5 hours. During these sessions, the healthcare team educates parents about ADHD and provides insights into its symptoms and signs, as well as teaching them various techniques designed to manage the specific challenges their child faces. One of the key objectives of this program is to encourage active parental involvement in care while providing an engaging learning environment for both parents and children (2).

NFPP includes four main areas: psychological education, strengthening parent-child relationships, behavioral training (including emotional regulation),

and attention training. The goal of psychological education is to improve parents' understanding of ADHD, facilitate a non-blaming approach, and accept their child's condition. This foundational knowledge is crucial for enhancing parents' engagement and fostering positive interactions with their child. The second topic emphasizes the importance of strengthening the parent-child relationship, promoting cooperation, and reducing conflict through effective communication techniques and reciprocal play (3). In the field of behavioral training, parents become familiar with specific strategies for managing behaviors associated with ADHD, such as impulsivity and inattention. These techniques include clear and concise instructions and the use of positive reinforcement to encourage desirable behaviors. The educational aspect focuses on nurturing children's ability to concentrate and regulate their attention, utilizing games and activities to create engaging and impactful learning experiences (4).

The results of studies on the effectiveness of NFPP for children and parents are very promising. The results of a randomized controlled trial showed that children who participated in NFPP exhibited a significant reduction in inattention, hyperactivity, and negative behaviors compared to the control groups (5). Additionally, improvements in the caregiving practices of parents with children affected by this disorder have been reported, indicating an overall sense of well-being and efficacy among the parents. These results suggest that NFPP not only helps improve children's behaviors but also enhances parents' competencies in managing ADHD, ultimately leading to better family dynamics and greater adaptation to their circumstances. Furthermore, NFPP can be utilized in various cultural contexts, reflecting the program's flexibility and

relevance beyond its original environment. Its capacity for application in communities with diverse cultures increases its appeal and ensures that it can be effectively used to meet the unique needs of families with different cultural interests (3).

Ultimately, it can be said that the goal of programs like NFPP lies in the urgent need for effective, non-pharmacological interventions for managing ADHD in young children. Early childhood is critical for cognitive development, and early intervention can fundamentally alter the trajectory of children's behavioral and emotional growth. NFPP empowers families by equipping parents with the necessary tools and strategies to address the challenges associated with ADHD, promoting positive long-term outcomes. Updating these programs and integrating them with approaches such as artificial intelligence and remote care could make them more relevant to the care needs of children with ADHD today and increase their effectiveness. Furthermore, the program's focus on the role of parents as primary agents of change is significant. It recognizes that family involvement in children's therapeutic processes is essential and facilitates an environment where children can thrive amidst the challenges posed by ADHD.

CONFLICT OF INTEREST

The authors declare that they have no competing interests to disclose in relation to this paper.

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