



# Equine Assisted Learning: Family Relationships and ADHD

**94%**

of parents are concerned ADHD will threaten their child's academic success.

**70%**

of parents state their child has been excluded from social activities because of his or her behaviour due to ADHD.

*The UK Key Survey results – ADHD*

Attention Deficit Hyperactivity Disorder (ADHD) is one of the **most common disorders** of childhood and adolescence and is characterised by symptoms of **impulsivity** and **hyperactivity** and/or **inattention**.

ADHD can have a **significant** impact on the lives of both the **person with the disorder and their family**.

**“The estimated prevalence of all ADHD is around 5% of school-aged children.”**

*National Institute for Clinical Excellence (NICE) Guidance.*

5% of school-aged children in the UK equals **500,000** children!

Further statistics from **The UK Key Survey results – ADHD**, include the **impacts on the family**:

- ❖ **94%** of parents often feel **stressed** or **worried** by their child's ADHD.
- ❖ **89%** of parents think that family activities are **disrupted** by their child's behavioural problem.
- ❖ **95%** of parents report **early mornings** and **90%** report **evenings** to be **difficult** or **very difficult** for coping with their child's ADHD symptoms.

**Have you heard about Equine Assisted Learning (EAL):  
A unique learning experience with amazing benefits?**

**Inspired Equine Assisted Learning CIC** facilitate programs that are wonderful for helping children and teens establish themselves as **calm, confident and assertive young people**.

Horses understand instinctively how to differentiate between potentially threatening behaviour and a calm and assertive nature, and so those affected by ADHD who have the chance to participate in EAL sessions are able to learn how to **successfully understand and modify their behaviour** through a series of **interactive exercises** and **sensory experiences** that **cannot be delivered in a classroom**.

The sessions are available to all **family members** to help them to **support** one another as they learn to **manage the effects of ADHD**. This is important because children with ADHD need a lot of attention and may need to be managed differently to other children in the family and this **can cause resentment and jealousy on the part of the other children who don't have ADHD**.

EAL does not involve riding and no prior experience with horses is required.

**Did you know there is a local EAL Centre with programs specifically designed to help families cope with the impacts of ADHD?**

For more information or to arrange an informal visit to the Centre to discuss your needs, please:

Telephone **Mike Burrow** on **07729 909186**, email **info@inspired-eal.co.uk** or see our website **inspired-eal.co.uk**

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