

**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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