

Empowering Adults to Support Children with ADHD: The KIDSWELL Training Programme

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A Holistic Approach to Inclusion

As part of the Erasmus+ KIDSWELL initiative, a comprehensive training programme was developed to equip educators and parents with the tools and understanding, needed to support children diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). This programme is grounded in a holistic educational approach and draws on the Competence Framework created by a consortium of six European institutions: National Center for Scientific Research Demokritos, in Greece, Cardinal Stefan Wyszyński University in Warsaw, in Poland, ADHD Cyprus, in Cyprus, Regional Directorate of Primary and Secondary Education of Rhodes, in Greece, A & A Emphasys Interactive Solutions Ltd, in Cyprus, and Agrupamento de Escolas José Estêvão, in Portugal. Its aim is to foster inclusive learning environments through structured skill development and the integration of emerging technologies.

Structuring the Programme: Three Developmental Modules

The training is organized into three interconnected modules: Personal, Social, and Learning to Learn, each

reflecting core areas of growth for children aged 8 to 12. These modules are

aligned with the European LifeComp Framework and specifically tailored to address the challenges faced by children with ADHD. Each module comprises three key competencies, which are further broken down into progressive levels: initial, intermediate, and advanced. This tiered structure allows adults to adapt their support to the child's developmental stage, using modelling, structured routines, and reflective practices.

Module 1: Supporting Emotional Regulation and Well-being

The Personal Module focuses on helping children recognize and manage their emotions, impulses, and behaviours. Teachers and parents are trained to use visual tools, emotion cards, and relaxation strategies to support self-regulation. The programme emphasizes flexibility, teaching children to adapt to changes and solve problems creatively, and well-being, encouraging healthy routines and emotional awareness. Adults learn to implement checklists, digital reminders, and calming

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techniques that help children build autonomy and resilience.

Module 2: Fostering Empathy and Social Integration

The Social Module addresses the development of empathy, communication, and collaboration. Participants are trained to help children interpret emotional cues, respond appropriately to others, and engage in respectful dialogue. Through structured peer interactions, role-play, and visual supports, children learn to navigate social situations and contribute positively to group settings. The training also explores how to foster inclusive classroom cultures and family environments that promote emotional safety and mutual respect.

Module 3: Building Independent Learners

The Learning to Learn Module equips adults with strategies to nurture independent, motivated learners. It focuses on cultivating a growth mindset, critical thinking, and learning management. Teachers and parents are introduced to tools such as visual schedules, interactive platforms, and time-tracking apps that help children plan, monitor, and reflect on their learning. The training encourages feedback practices that are discreet and constructive, helping children build confidence and take ownership of their progress.

Practical Application and Cultural Adaptability

Throughout the programme, emphasis is placed on practical application. Each

competence is supported by clear learning outcomes across knowledge, skills, and attitudes, enabling adults to assess and guide development effectively. The training is designed to be adaptable across cultural and educational contexts, with resources available in multiple languages and formats. It serves not only as a pedagogical tool but also as a bridge between home and school, fostering collaboration between educators and families.

Conclusion: Towards Inclusive and Empowering Learning Environments

The KIDSWELL training programme offers a structured, empathetic, and evidence-based pathway for supporting children with ADHD. By equipping adults with the tools to understand and respond to individual needs, it contributes to more inclusive, responsive, and empowering learning environments where every child can thrive.