

## **ADHD PREP (Parent Readiness Education Program)**

### **Day One Topics to be covered:**

#### **ADHD Overview**

- What ADHD is and is not
- Symptoms of ADHD as defined in DSM 5, how these present and can be misinterpreted
- Primarily inattentive ADHD (ADD) and how it presents differently
- Why ADHD in girls is often underdiagnosed and misdiagnosed
- Commonly occurring coexisting disorders
- What is involved in a comprehensive assessment and diagnosis of ADHD

#### **ADHD and Learning**

- Past studies and what they tell us about academic outcomes
- Executive Functioning (EF) impairments and ADHD
- How EF impairments impact children with ADHD
- Other common cognitive impairments in children with ADHD
- Common classroom presentations of EF impairments

#### **ADHD and Self- Regulation**

- Common social and emotional impairments in children with ADHD
- How these impairments present
- Research on social skills training
- Parent Friendship Coaching
- Self-regulation and why it is impaired in children with ADHD
- How these impairments present

#### **ADHD and Emotional Dysregulation**

- Symptoms of emotional regulation impairment
- How this differs some mood disorders
- Why this is so common in children with ADHD
- How we regulate emotions
- The emotional regulation fuel tank

#### **The Treatment of ADHD**

- The multimodal treatment of ADHD
- Medication
- Psychosocial
- Alternate treatments

## **Day Two Topics to be covered:**

### **ADHD and the family**

- Parental impact and stages of acceptance
- Impact on siblings
- Impact on the child with ADHD
- Impact on the family as a whole

### **ADHD Parenting and Behavior Intervention**

- Parents with ADHD
- Parenting Tips
- External reminders
- Organizational strategies
- How to correctly use consequences
- External rewards
- Token reward systems
- Behavioural Contracts

### **ODD and CPS**

- What is ODD
- Collaborative Problem Solving Approach

### **School Observations, Classroom Strategies and Accommodations**

- Questions to ask about your child's functioning at school
- Classroom accommodations and strategies
- Communication between home and school
- Daily report cards
- Self-monitoring systems
- Homework issues

### **School Advocacy**

- Understanding your province's Special Education System
- What is an IPRC?
- What is an IEP, IPP, etc?
- Required documentation
- Roadblocks