

Interactive ADHD Child Parenting Course

February 17th to March 31st, 2021

Course Outline

Session One (2 hours)

ADHD Overview (20 minutes)

- Myths/Facts and Core Beliefs
- Symptoms and Presentations
- Commonly Coexisting Disorders
- Assessment and Diagnosis of ADHD

Break for Questions and Discussion (10 minutes)

ADHD and Learning (45 minutes)

- ADHD a Risk to Learning
- Common Cognitive Impairments in Children with ADHD
- Executive Functioning (EF) Impairments
- Common Classroom Presentations of EF impairments
- Impairment/Accommodations Charts (Elementary and EF)

Break for Questions and Discussion (15 minutes)

How to Develop Your Child's Profile (Homework) (15 minutes)

Discussion (15 minutes)

Session Two (2 hours 15 minutes)

Discuss Homework (15 minutes)

The Treatment of ADHD (30 minutes)

- The Multimodal Treatment of ADHD
- Psychosocial Treatments
- The Medication Dilemma
- Alternate Treatments
- How to Evaluate Reports on Research Data

Break for Questions (10 minutes)

ADHD Impairments in Self and Emotional Regulation (50 minutes)

- ADHD's Impact on Emotions and Mental Health
- ADHD as an Impairment in Self-regulation
- Impairment in Emotional-regulation
- Depleting and Refilling a Child's Fuel Tank
- Social Skill Impairment and Parent Coaching
- Oppositional Defiant Disorder
- Collaborative and Proactive Solutions

Break for Questions and Discussion (15 minutes)

Adding Self and Emotional Regulation Information into Your Child's Profile (Homework) (15 minutes)

Session Three (2 hours 15 minutes)

Discuss Homework (15 minutes)

ADHD and the Family (20 minutes)

- Parents Working as a Team / Stages of Acceptance
- Impact on Family Functioning
- Parents with ADHD

- Informing Your Child(ren) about ADHD

Break for Questions (10 minutes)

ADHD Parenting and Home Strategies (45 minutes)

- Parenting Strategies
- Assisting with Self-regulation in the Home
- How to Correctly use Consequences
- Organizational Strategies for the ADHD Family
- Parent Friendship Coaching
- Implementing Collaborative and Proactive Solutions (video)

Break for Questions and Discussion (15 minutes)

Developing Home Strategies and a Behavioural Plan (Homework) (15 minutes)

Discussion (15 minutes)

Session Four (2 hours 30 minutes)

Discuss Homework (15 minutes)

Working with the School (20 minutes)

- Questions to Ask About Your Child's Functioning at School
- Classroom Accommodations and Strategies (charts)
- Communication Between Home and School
- Daily Report Cards
- Homework Issues

Break for Questions and Discussion (10 minutes)

School Advocacy (60 minutes)

- Your Role as an Advocate for Your Child
- Observations About Your Child's School
- Understanding Your Province's Special Education System
- Third party Testing and Reports

- IEPs
- Your Child's Rights

Break for Questions and Discussion (15 minutes)

How to Develop a School Communication /Advocacy Plan (Homework) (15 minutes)

Discussion (15 minutes)

Session Five (2 to 2 hours and 30 minutes)

(There will be a three-week break between sessions four and five to allow for the implementation of some strategies)

Sharing of Your Home and School Plan / Discussion of Success and Struggles

- Send in plans and feedback on CPS one week prior to Session five
- Attendees will share their plans and feedback on success and struggles during the implementation
- Group discussion on their own struggles and successes along with suggestions