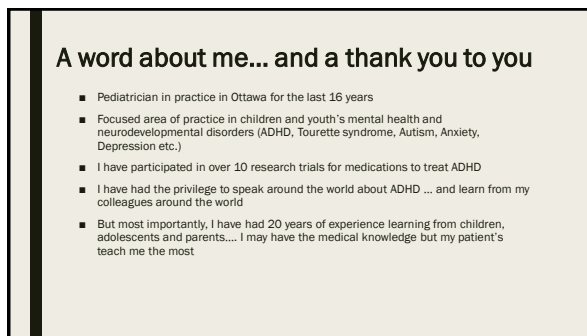
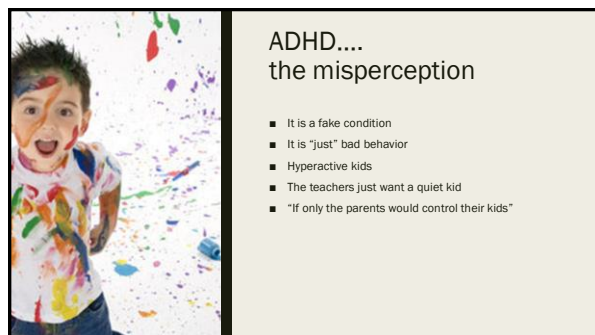


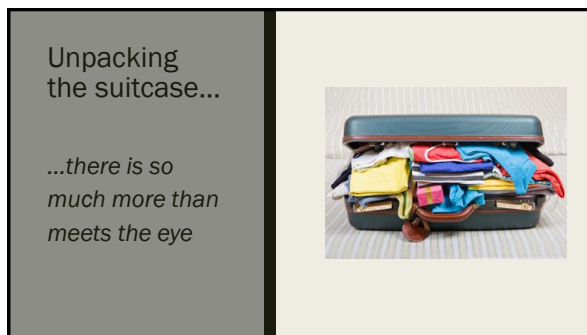
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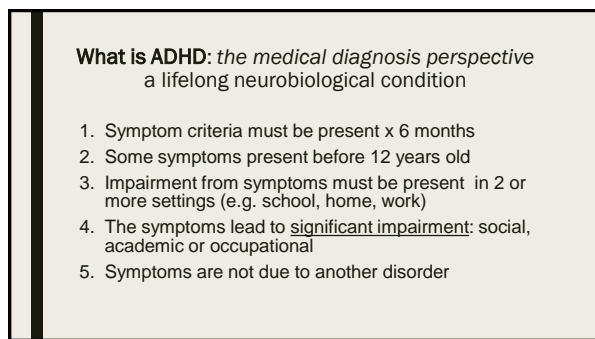
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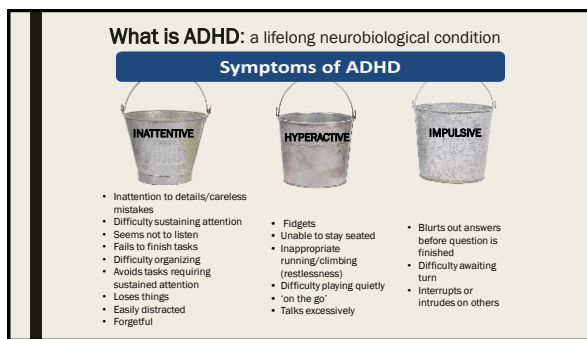
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6

What is ADHD:
the patient perspective
a lifelong neurological condition

So much more

7

SO WHY ARE THERE SO MANY DIFFERENT PRESENTATIONS OF ADHD?

8

No one size fits all....

9

18 possible symptoms = over 116,000 different possible combinations of symptoms

Symptoms of ADHD

- INATTENTIVE**
 - Inattention to details/careless mistakes
 - Difficulty sustaining attention
 - Seems not to listen
 - Difficulty organizing
 - Loss of things
 - Forgetful
- HYPERACTIVE**
 - Fidgets
 - Struggles to stay seated
 - Exaggerated reactions
 - Difficulty playing quietly
 - Always "on the go"
 - Talks excessively
- IMPULSIVE**
 - Blurts out answers before questions are finished
 - Difficulty waiting their turn
 - Interrupts or intrudes on others

10

And it Changes with Age:

Childhood **Adolescence** **Adulthood**

Wassenaar, J. J. Clin Psychol. 2005;61(5):535-47; Misk, E. et al. Psychiatr Clin N Am. 2004;27(2):215-24; American Psychiatric Association, Diagnostic and Statistical Manual of Mental Disorders (4th ed.) 2000; Adler, L. and Cohen, J. Psychiatr Clin North Am. 2004;27(2):187-201; Kessler, RC, et al. Psychiatr Medicine. 2005;35(2):148-56.

11

A more clear way of understanding ADHD

- It doesn't mean that you can't focus OR that you are hyper
- ADHD means you have a hard time shifting, maintain and controlling attention, impulses and emotion because the part of the brain that handles self-regulation is wired differently

12

Understanding what ADHD is...

- Hyper-focused – can't shift, rigidity in thinking
- Gears can't stop turning – distracted, unable to focus
- Blurting out things – can't control physical impulses
- "Freak out" – emotional impulsivity

13

Developmental Coordination Disorder

Difficulties with self esteem

Difficulties with organization & planning

Social skill deficit

Anxiety disorders

Under performance at school or work

Learning disability

Emotional dysregulation

Depression

Autism spectrum disorder

2.5 times increased risk of problematic internet use

ODD

Increased risk of addiction

14

SO HOW DO YOU EMBARK ON THIS JOURNEY?

15

Make a Plan – what can I do to help my child who has ADHD?

1. **PSYCHOEDUCATION**
Understanding ADHD and how it affects your child
2. **STRENGTHS**
Find your child's area of competence
3. **SCAFFOLDING** while building **RESILIENCE**

16

1. Parent education
2. Be the expert on your child
3. Become your child's advocate
4. Be a positive role model
5. Be patient
6. Find your child's island of competence
7. Give unconditional love
8. Teach self-awareness
9. Teach resilience
10. Don't be afraid to ask for help

17

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18

Parent education

DO

- Learn about ADHD
 - Ask your doctor what ADHD is
 - www.caddac.ca
- READ
 - Attention Deficit Disorder - Dr. K. Handelman
 - Taking Charge of ADHD by Dr. R. Barkley
 - My Brain Needs Glasses and My Brain Still Needs Glasses by Dr. A. Vincent.
- Fictional books: *Focused* - add author
- Find reliable sources
- Reflect on YOUR child's presentation of ADHD

DON'T

- Believe everything you read on the internet or the media
 - But do ask questions to reliable sources if you are wondering
- Listen to naysayers who try to blame you
 - But do be an "upstander" for your child - don't let him/her be bullied by society

19

Parenting programs work... but they work more often and better if there is an understanding of ADHD

- Triple P parenting
- 1-2-3 Magic
- Collaborative Problem Solving Approach
- Parent Management Training


20

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21

Be an expert on your child

- Reflect on how your child's ADHD symptoms present
- Try to understand the source of their actions
- Understand what they need help developing



22

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Why Advocate?

"Unless someone like you cares a whole awful lot, Nothing is going to get better, it's not."
- Dr. Seuss, *The Lorax*



23

Become your child's advocate

- Advocacy means
 - setting your child up for success
 - Helping others understand your child
- Advocacy doesn't mean doing everything for your child
- Advocate at:
 - School
 - Extra-curricular events



24

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children are great imitators. so give them something great to imitate.

www.mymotivational.com


25

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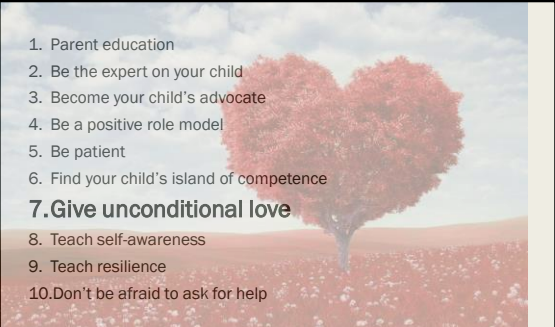
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27

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30

Process of parenting is to cause slight mismatches, so the child's abilities improve over time

Child's Ability ≤ Expectations

31

- A child who never fails won't have the opportunity to learn from that failure
- You are not doing your child a favour by protecting them from ALL failures
- Celebrate success and learn from failures but most of all ... celebrate your child's resilience to get up and try again
 - *Your child learning what they need to be successful will help them advocate for themselves*

32

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33

BACK TO WHAT DOES MY CHILD'S ADHD LOOK LIKE?

34

35

A word on the village...

- **Books and resources**
- **Executive function skill building**
 - PLANNER - Smart but Scattered
 - Tutor
- **Social skills programs**
 - LDAO summer camp - Sunshine day camp & a number of other sleep away camps
 - Evening and weekend programs (EB building blocks and Steps and Strides)
- **School** - help your teacher understand your child - do a 1 page summary - strengths, areas of interest and challenges AND what works

36



37



38