

Building Your Child's ADHD Profile: Interactive Parenting Course

Session One (1.5 hours)

Presentation (15 minutes)

- Key messages on ADHD
- Common cognitive deficits

Discussion Period in Breakout Groups (15 minutes)

Review of strengths (1st page on cognitive profile sheet) with discussion of examples of strengths, ADHD symptoms and cognitive impairments they see in their children – notes for profile

Presentation (15 minutes)

- Executive Functioning (EF) Impairments
- Common Presentations at home and school of EF impairments

Discussion Period in Breakout Groups (15 minutes)

Review profiles with discussion of examples of EF difficulties they see in their children – notes for profile

Presentation (15 minutes)

- Importance of understanding the whole child, psych ed assessments, ADHD in the classroom
- Review of CADDAC ADHD Educational charts and EF chart

Discussion Period in Breakout Groups (15 minutes)

Review of sample profile, discussion on their profiles and how they might use the charts to fill in more of their child's profile – notes for profile

Session Two (1.5 hours)

Presentation (15 minutes)

- Self and emotional regulation
- Strategies

Discussion Period in Breakout Groups (15 minutes)

Review emotional regulation profile sheets and discuss examples of self and emotional dysregulation they see in their children – notes for profile

Presentation (15 minutes)

- Triggers and meltdown
- Strategies (ABC chart) and parenting strategies

Discussion Period in Breakout Groups (15 minutes)

Discussion of experiences with meltdowns, various presentations and strategies – notes for profile

Presentation (15 minutes)

- Social impairments
- Friendship coaching and parental strategies

Discussion Period in Breakout Groups (15 minutes)

Discussion of issues their children have with social skills, how this has affected their well-being and strategies they have found useful – notes for profile

Session Three (1.5 hours)

Presentation (15 minutes)

- Impact of the family
- Strategies interwoven

Discussion Period in Breakout Groups (15 minutes)

Discussion on how their child's ADHD has impacted their family

Presentation (15 minutes)

- Introduction to ODD
- Green CPS video

Discussion Period in Breakout Groups (15 minutes)

Discussion on how their child's ODD has impacted their parental relationship and family life and strategies they have found useful

Presentation (15 minutes)

- Implementing CPS

Discussion Period in Breakout Groups (15 minutes)

Role play CPS

Session Four (1.5 hours)

Presentation (20 minutes)

- ADHD at home
- ADHD Behaviour parenting concepts

- Parents with ADHD
- General ADHD parenting tips

Discussion Period in Breakout Groups (15 minutes)

Discussion on parenting attitudes, differences between spouses

Presentation (20 minutes)

- Strategies on increased monitoring, organization, problem solving, external reminders, external motivators

Discussion Period in Breakout Groups (15 minutes)

Discussion on a variety of strategies and what they have found useful

Presentation (10 minutes)

- How to develop a parenting and home care plan

Discussion Period in Breakout Groups (10 minutes)

Discussion on issues they foresee in developing and implementing this plan – possibly getting spouse, extended family and siblings on board?

Session Five (1.5 hours)

A three-week break between sessions will allow for the implementation of some strategies, completion of the child's profile and home plans.

This session will allow for an open discussion on child profiles and homecare plans as well as successes/struggles and parenting tips and strategies.

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