

Understanding Your Child with ADHD: Interactive Parenting Course Outline

Session One (1.5 hours)

Presentation (20 minutes)

- Key messages on ADHD
- Common cognitive deficits

Discussion Period in Breakout Groups (10 minutes)

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

Presentation (20 minutes)

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

Discussion Period in Breakout Groups (10 minutes)

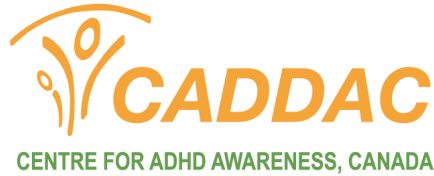
Review profiles with discussion of examples of EF difficulties you see in your children – notes for profile

Presentation (10 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 (20 minutes)

Review of tip sheets and how you might use the charts to fill in more of their child's profile – notes for profile



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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 you see in your children – notes for profile

Presentation (15 minutes)

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

Discussion Period in Breakout Groups (15 minutes)

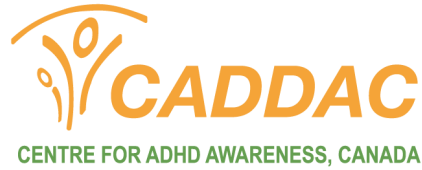
Discussion of experiences with meltdowns, various presentations and strategies – notes for profile

Presentation (15 minutes)

- Social impairments
- Friendship coaching and parental strategies

Discussion Period in Breakout Groups (15 minutes)

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



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Session Three (1.5 hours)

Presentation (15 minutes)

- Impact on the family
- Strategies interwoven

Discussion Period in Breakout Groups (15 minutes)

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

Presentation (15 minutes)

- Introduction to ODD
- Green CPS video

Discussion Period in Breakout Groups (15 minutes)

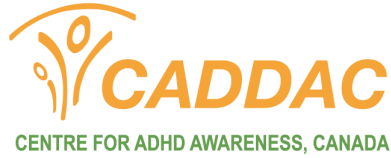
Discussion on how your child's ODD has impacted their parental relationship and family life and strategies they have found useful

Presentation (15 minutes)

- Implementing CPS (8 slides)

Discussion Period in Breakout Groups (15 minutes)

Role play CPS



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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 and strategies that have worked

Presentation (20 minutes)

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

Discussion Period in Breakout Groups (15 minutes)

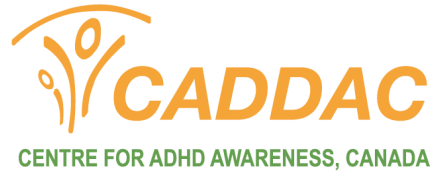
Discussion on a variety of strategies and things they have found useful

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 others 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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