

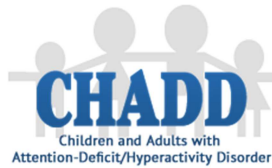
Content and Objectives of Parent to Parent Family Training on ADHD

Designed by parents for parents, this 14-hour, multisession, interactive training program is delivered by certified Parent to Parent teachers. Their experience and perspective are provided to educate parents new to ADHD or those struggling to navigate its many challenges. Interaction with other parents will alleviate the isolation that parents of children with ADHD often feel. Sessions include managing the impact of ADHD on the family, developing parenting strategies, and using positive behavior interventions. Such a comprehensive offering is not found anywhere else. A certificate of completion is available to fulfill court-ordered or parenting class requirements.

Session:	Class members will:
<p>Understand ADHD and its impact of ADHD on the family (2 hours)</p>	<ul style="list-style-type: none"> • Understand that ADHD is the most common neurobiological disorder. • Understand the different types of ADHD as defined in the DSM-V and a thorough understanding of each of the diagnostic subtypes. • Learn how executive functions deficits affect cognitive functions. • Understand how symptoms are presented sometimes differently in girls and boys. • Understand the emotional characteristics of people with ADHD. • Learn the impact of untreated ADHD on the child and family. • Learn about the prognosis when there is early identification and treatment. • Understand what other conditions mimic ADHD. • Learn about Co-existing disorders. • Learn how to share information about ADHD with their child according to their age.
<p>Assessment to multimodal treatment (2 hours)</p>	<ul style="list-style-type: none"> • Learn about the causes of ADHD. • Understand how to obtain a thorough and comprehensive assessment. • Learn how to choose the right treatment option for their child, their age, and how the right treatment reduces the risk of substance abuse. • Understand how treatment differs for young children. • Learn about effective complementary and controversial treatments for ADHD.
<p>Developing parenting strategies and positive behavior interventions (2 hours)</p>	<ul style="list-style-type: none"> • Know two management strategies for behavior problems. • Know six types of proactive strategies. • Determine the most important house rules. • Use reinforcement effectively. • Know how to design a token program. • Know how to design a response cost program.
<p>Strengthening family relationships (2 hours)</p>	<ul style="list-style-type: none"> • Know how to use reflective listening to create empathy with your child. • Know how to praise and criticize effectively. • Know the rules for time out. • Form an effective command. • Know mistakes that parents make that lead to noncompliance. • Identify your child's buttons. • Identify your buttons. • Know how to maintain your cool during conflict.

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<p>Educational rights for your child with ADHD (2 hours)</p>	<ul style="list-style-type: none"> • Know what to do when child is having difficulty at school. • Understand Early Intervening Services. • Understand Section 504. • Understand IDEA. • Know how to prepare for an IEP or Section 504 meeting.
<p>Building an education team: bridging the gap between home and school (2 hours)</p>	<ul style="list-style-type: none"> • Know the source of school work related problems. • Develop effective school-home communications. • Determine the parent's role in the homework process. • Know the three stages of the homework process. • Know the skills my child needs to successfully complete homework. • Know the school supply list. • Know how to prepare my child for a successful school year.
<p>Resiliency, teen challenges and future success (2 hours)</p>	<ul style="list-style-type: none"> • Know how to strengthen resiliency. • Understand potential teen challenges. • Know how to deal with important issues such as medication abuse, substance abuse, dangerous sexual behaviors, and driving. • Coach teen in time management and organization as well as money management.