

## **CALM & CONNECTED: PARENTING CHILDREN & TEENS WITH ADHD/EXECUTIVE FUNCTION CHALLENGES©**

Do you need help with your child? Your relationships? Understanding the way your child's brain work?

Providing you with the tools, strategies and awareness to parent better and create positive lasting changes in your whole family system.

You can register for Session 1 to see if it is a fit and then decide if you want to continue on with the rest of the program or do individual sessions.



Have a better understanding of the ADHD brain and Executive Functioning challenges



Increase your child's confidence and motivation



Increase your confidence and competence in parenting the child you have



Build your toolbox with effective strategies and resources



Learn techniques to remain calm and connected



Reduce arguing and stress as you learn collaborative problem solving techniques



Build a deeper relationship from trust and positive communication



Create community with other parents as you take this course

In **Session 1** you will gain a deep understanding of the Social and Emotional impact that ADHD and Executive Function challenges have on learning, motivation, behaviour, and the whole family system. You will gain insights to immediately shift the dynamics that have created so much stress and chaos.

During **Sessions 2-7** you will learn the specific tools and strategies to bring about lasting, systemic change parenting a child with ADHD and Executive Function challenges!

### **Session 2- Remaining Calm and Connected**

What role does control really play in parenting?

3 Ingredients of creating calm

The effects of stress on the brain

The brain body relationship

Importance of positive connection

### **Session 3- Improving Communication**

The defiance dance

Effective communication for motivation

Break the power struggle pattern

The art of making requests

#### **Session 4-Encouraging Collaboration**

Enabling vs Supporting

3 Plans for meeting unmet expectations

Encouraging your child to problem solve with you

Learn Collaborative Problem Solving technique

#### **Session 5- Achieving Clarity and Consistency**

Facilitating smooth transitions

Examining our parental values

Responsibilities, rights and privileges of your child

#### **Session 6- Establishing Effective Consequences**

Impact and necessity of consequences

When are consequences effective

Punishment vs discipline

Establishing rewards and incentives

Creating rules and expectations

#### **Session 7- Making Better Choices**

Our role as parents and advocates

Defining success and failure

Following through on your new map to success