



## Parent to Parent: Family Training on ADHD

### Content and Objectives In-Person and Webinars

Designed by parents for parents, this training program is delivered by certified Parent to Parent teachers. Their experience and perspective are provided to educate parents on ADHD.

#### CHADD's Parent to Parent Teachers

- Live with ADHD in the family
- Certified after completing extensive training
- Committed to educating others about ADHD

#### Delivery Formats

- **In-person:** Teachers host classes in their community
- **Webinar:** Online classes
- **On-Demand:** Online learning platform

Session:	Class members will:
<b>Introduction to ADHD (1 hour)</b>	<ul style="list-style-type: none"> <li>• Describe how ADHD is defined in the DSM-5 (book used by doctors in diagnosing psychological conditions)</li> <li>• Understand common myths and facts about children with ADHD</li> <li>• Learn the attention process</li> <li>• Describe executive functions of the brain</li> <li>• Analyze ADHD factors to think about when diagnosing and managing ADHD</li> <li>• Compare other disorders that mimic ADHD</li> <li>• Describe common co-occurring disorders with ADHD</li> <li>• Explain diagnosing ADHD, including diagnosing the inattentive, predominately hyperactive/impulsive and combined presentations</li> <li>• List problems that may be experienced by untreated ADHD</li> <li>• Discuss ADHD with your child or teen with ADHD</li> </ul>
<b>Probable Causes and Assessment (1 hour)</b>	<ul style="list-style-type: none"> <li>• Describe the differences in the brain of a child with ADHD and without ADHD</li> <li>• Understand the two significant differences in the brain when someone has ADHD</li> <li>• Learn about the lag in maturity of a child with ADHD</li> <li>• Describe how genetics is one of the causes of ADHD</li> <li>• List the environmental factors that are associated with ADHD</li> <li>• Analyze the ADHD evaluation timeline</li> <li>• Compare the different types of assessments used in ADHD evaluations</li> <li>• Describe the different types of professionals who can perform a comprehensive assessment</li> <li>• Explain how to choose the right professional</li> <li>• List what a comprehensive assessment should include</li> <li>• Discuss ADHD with your child or teen with ADHD</li> </ul>
<b>Comprehensive Treatment of ADHD, Part 1 (1 hour)</b>	<ul style="list-style-type: none"> <li>• Define multimodal treatment</li> <li>• List the components a multimodal treatment approach for ADHD might include</li> <li>• Explain the importance of ongoing treatment for ADHD</li> <li>• Describe health professional recommendations for treatment of children with ADHD</li> <li>• List how medication can help with ADHD symptoms</li> <li>• Describe what medication doesn't do</li> <li>• List the two main categories of medication for ADHD</li> <li>• Explain the difference between short- and long- acting medications</li> <li>• Describe the goal of medication for ADHD</li> <li>• Explain how you would monitor medication</li> <li>• Identify the answers to commonly asked questions about ADHD medication</li> <li>• Describe how psychosocial treatment can help with ADHD</li> <li>• List four types of psychosocial treatment</li> </ul>

	<ul style="list-style-type: none"> <li>• Describe the goal of behavior therapy</li> <li>• Explain what topics might be learned during parent training</li> <li>• Describe how social skills training might occur</li> </ul>
<b>Comprehensive Treatment of ADHD, Part 2 (1 hour)</b>	<ul style="list-style-type: none"> <li>• Explain the difference between complementary and alternative treatment</li> <li>• Describe how to assess complementary and alternative treatments for ADHD</li> <li>• List several complementary and/or alternative treatments for ADHD</li> </ul>
<b>Obstacles to Creating an ADHD-Friendly Home Environment (1 hour)</b>	<ul style="list-style-type: none"> <li>• Describe the challenges that children with ADHD have with self-control (self-regulation)</li> <li>• Understand the common behavior deficits that are related to ADHD</li> <li>• Learn about the common language disorders that co-occur with ADHD</li> <li>• Describe how challenges with executive functioning are related to "inner language"</li> <li>• Explain why structure and routine are important for children with ADHD</li> <li>• Compare the different types of environments that result in chaos and stress for families</li> <li>• Analyze how a parent's ADHD affects the home environment</li> <li>• Describe the feelings and reactions that a sibling may experience</li> <li>• Describe how ADHD affects the parents' relationship and why they disagree</li> </ul>
<b>Strategies for Creating an ADHD-Friendly Home Environment (1 hour)</b>	<ul style="list-style-type: none"> <li>• Explain proactive and reactive strategies</li> <li>• Describe behavior management strategies</li> <li>• Understand communication strategies</li> <li>• Learn about structure and routines</li> <li>• Describe organization tips and strategies</li> <li>• Explain parenting strategies when the parent has ADHD</li> <li>• List parenting and behavior strategies to use for siblings without ADHD</li> <li>• Analyze parent cooperation strategies</li> </ul>
<b>Supporting Your Child at School How ADHD Affects Learning (1 hour)</b>	<ul style="list-style-type: none"> <li>• Identify how ADHD affects learning</li> <li>• Describe challenges children with ADHD experience at school</li> <li>• Explain how to develop good home-school communication</li> <li>• Customize a home-school communication tracker</li> <li>• Describe the difference between accommodations and interventions</li> <li>• List different accommodations for each challenge children with ADHD may experience at school</li> </ul>
<b>Supporting Your Child at School Requesting Support for Your Child (1 hour)</b>	<ul style="list-style-type: none"> <li>• List the steps to take when a child with ADHD is having difficulty at school</li> <li>• Explain the importance of submitting all requests in writing and keeping records of all communication</li> <li>• Describe an academic evaluation</li> <li>• Identify what to include in a request for an evaluation</li> <li>• Explain what happens after a request for an evaluation is submitted</li> <li>• Communicate the answers to frequently asked questions about academic evaluations</li> </ul>
<b>Supporting Your Child at School Educational Rights (1 hour)</b>	<ul style="list-style-type: none"> <li>• Define Section 504 of the Rehabilitation Act of 1973</li> <li>• Explain eligibility requirements for Section 504</li> <li>• Describe what Section 504 provides</li> <li>• Define Individuals with Disabilities Education Act</li> <li>• Explain eligibility requirements for IDEA</li> <li>• Describe what IDEA provides</li> <li>• Explain the re-evaluation requirements for Section 504 and IDEA</li> <li>• Describe the special procedures related to discipline under Section 504 and IDEA</li> </ul>