



## Getting Through to Your Teenager with ADHD

With Elaine Taylor-Klaus and Diane Dempster

**Presentation Link:** <https://youtu.be/f3qtUfltt38>

**Presentation Audience:** Parents of teens with ADHD

**Presentation Start Time:** 1:13

**Presentation End Time:** 30:25

### **Materials Needed:**

- Coordinator version of “Getting Through to your Teenager with ADHD” video guide
- Copies of attendee version of discussion questions printed out for all attendees
- Laptop, screen, projector, and speakers to show YouTube video
- Access to YouTube to play the video (internet connection or video downloaded and saved)
- Copies of NRC Fact Sheets listed in additional resources (optional)
- Pens

### **Instructions:**

#### **Pre-meeting planning:**

1. Review the presentation portion of the video “Getting Through to your Teenager with ADHD”
2. Review the “Video Q&A reference” and listen to the responses provided by the presenter
3. Read through the discussion questions
4. Print copies of the attendee version of the guide
5. Print any relevant resources, including items listed in additional resources

#### **Day of the meeting:**

1. Set up A/V equipment to view the video
2. Open up the video and set it to the start time
3. Pre-pass out or have attendee worksheet available for attendees to pick up as they walk in

#### **After the meeting:**

1. Send video link via email
2. Send follow-up resources via email



## **Brief Video Summary:**

The teenage years are tricky for parent-child relationships. As a parent or caregiver you want to maintain a strong bond and teach good decision-making skills. You may find that previous parenting strategies are not as effective for teens. As with any relationship, communication is key. Learn how to make adjustments to your communication so that you not only are getting through to your teenagers, but helping them thrive and be prepared for independence after leaving your nest.

In this webinar you will specifically learn to:

Describe communication strategies effective for talking with teenagers

Give examples of how to best support and empower teens with ADHD

Identify two ways to obtain buy-in and motivate teens when they're seemingly unmotivated

## **Bio for the Experts:**

Elaine Taylor-Klaus, CPCC, PCC and Diane Dempster, MHSA, CPC, PCC, are certified professional coaches, community educators, and advocates for families living with ADHD. They have 6 complex kids between their two families and are passionate about helping parents reduce the stress of raising children with ADHD. Experts in the fields of coaching and ADHD they are the co-founders of ImpactADHD.com, a global resource offering training, coaching and guidance for parents.

## **Video Q & A Reference:**

1. How can I not walk on egg shells around my teenager who gets angry or upset when I bring up something that he should or shouldn't do? (Time: 30:30 – 34:10)
2. What are some tips to help your teen deescalate? (Time: 34:10 – 37:50)
3. How can you motivate your teen to do things, such as chores, exercise, doing homework, etc.? (Time: 37:50 – 43:15)
4. What about managing boundaries? How do you know when you should continue to help your teen and when you might be providing too much support? (Time: 43:15 – 48:30)
5. How can parents deal with their teens lying to cover up behaviors, such as losing things, forgetting homework, etc.? (Time: 48:30 – 52:35)
6. How can you help support and motivate your teen as they grow older and begin to transition to adulthood, including going to college? (Time: 52:35 – 56:36)
7. If you have a teenager who is showing defiant behaviors, such as swearing to get attention at school, how can you address those behaviors? Are consequences one of the ways? (Time: 56:36 – 59:00)
8. How do you know if it's your child's ADHD or if it's typical teenager behavior? (Time: 59:00 – 1:02:10)



## Discussion Questions for “Getting Through to Your Teenager with ADHD” Coordinator Version:

- Give a brief summary of the video and read the short bio of the presenters
- Instruct attendees that you’ll be discussing each of the questions on their guide. You’ll be pausing the video so they don’t have to necessarily write down answers while watching.
- Start the video
- Follow the instructions in the discussion guide to pause the video after each question and prompt attendees to respond to the questions.

1. (Video clip time reference 2 – 3 min) Elaine and Diane say all parents really want to hear from their teens is “Thank you” and all teens really want to hear from their parents is “I’m sorry.”
  - a. Do you agree, why?
  - b. Disagree, why?

### Steps:

1. Pause video at 3 min.
2. Give attendees times to think about their response and if they want to write it down.
3. Ask if anyone wants to share their thoughts.

2. (Video clip time reference 5 – 7:20 min) What do you struggle with? List 3-5 main things.

### Steps:

1. Pause video at 7:20 min.
2. Give attendees time to write down 3-5 things they struggle with.
3. Ask if anyone wants to share and take 3-4 responses.
4. Tell them you’ll be coming back to these struggles later.

3. (Video clip time reference: 11:53 – 14:53) When the presenters are talking about staying calm they say:

“When we get too focused on the task and let go of the relationship it begins to create a divide between us and our kids.”

- a. Can you think about a time when you lost your calm? What was the result?
- b. What about a time when you were able to keep cool?

### Steps:

1. Pause video at 14:53 min.
2. Review the blanks to the statement above.
3. Give attendees times to think about their response and if they want to write it down.
4. Ask if anyone wants to share their thoughts.

4. (Video clip time reference: 14:56 - 24:43) ACE: The three step process for communicating with teens:

Acknowledge their experience  
Connect with Compassion



**Explore** solutions together

Remember, stay in a place of **curiosity** rather than **judgement**.

- a. Using one of the struggles you listed in question two, what are some statements you can say to your teen to acknowledge their experience?

Examples: It's perfectly normal for you to be going through this; I know it's hard to put your cell phone down when all your friends are texting you; I know it's hard; It makes sense that you're going through this...

- b. Using the same struggle, how can you connect with compassion to your teen about this situation?

Examples: I have a hard time remembering things sometimes; Yesterday, I was really frustrated when I forgot to...;

- c. Work with a partner to brainstorm 3-5 solutions to both of your struggles.

Steps:

1. Pause the video at 24:43 min.
2. Review the blanks to the statements above.
3. Give attendees time to think about their response to questions "a" and "b" on their own.
4. Then ask them to partner with someone else, share their struggle and brainstorm solutions with their partner.
5. Ask if any partner groups want to share their thoughts.

5. (Video clip time reference: 28:05 – 29:45) Wrap-up

- a. What did you focus on, or pay most attention to, today?
- b. What's your clarity or take-away?
- c. What is one realistic action step that you want to take from here?
- d. How can you set yourself up for success with this action?

Steps:

1. Pause the video at 29:45 min.
2. Give attendees time to think about all of the wrap-up questions.
3. Ask if anyone wants to share their answers to questions "c" and "d".



## **Additional Resources:**

### Presentation Resources

1. Impact ADHD <http://impactadhd.com/>

### CHADD Resources

1. CHADD Resource Directory <http://www.chadd.org/Support/Directory.aspx?state=1111111>
2. CHADD Parent to Parent Program <http://www.chadd.org/Training-Events/Parent-to-Parent-Program.aspx>
3. Parent a Child with ADHD Fact Sheet <http://www.chadd.org/Portals/0/Content/CHADD/NRC/Factsheets/parenting2015.pdf>
4. Psychosocial Treatment for Children and Adolescents with ADHD <http://www.chadd.org/Portals/0/Content/CHADD/NRC/Factsheets/Psychosocial%20Treatments%20for%20Children%20with%20ADHD.pdf>
5. National Resource on ADHD: A Program of CHADD Teens and Young Adults Webpage <http://www.chadd.org/Understanding-ADHD/For-Parents-Caregivers/Teens.aspx>



**Discussion Questions for “Getting Through to Your Teenager with ADHD”**

1. Elaine and Diane say all parents really want to hear from their teens is “Thank you” and all teens really want to hear from their parents is “I’m sorry.”

a. Do you agree, why?

b. Disagree, why?

2. What do you struggle with? List 3-5 main things.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

3. When the presenters are talking about staying calm they say:

“When we get too focused on the \_\_\_\_\_ and let go of the \_\_\_\_\_ it begins to create a \_\_\_\_\_ between us and our kids.”

a. Can you think about a time when you lost your calm? What was the result?

b. What about a time when you were able to keep cool? What was the result?



4. ACE: The three step process for communicating with teens:

\_\_\_\_\_ their experience

Connect with \_\_\_\_\_

\_\_\_\_\_ solutions together

Remember, stay in a place of \_\_\_\_\_ rather than \_\_\_\_\_.

a. Using one of the struggles you listed in question two, what are some statements you can say to your teen to acknowledge their experience?

b. Using the same struggle, how can you connect with compassion to your teen about this situation?

c. Work with a partner to brainstorm 3-5 solutions.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

5. Wrap-up

a. What did you focus on, or pay most attention to, today?

b. What's your clarity or take-away?

c. What is one realistic action step that you want to take from here?

d. How can you set yourself up for success with this action?