

Ask the Expert

Home life when Mom or Dad has ADHD: Succeeding with your family



Caroline Maguire, PCC, Med.

The National Resource Center on ADHD: A Program of CHADD is the nation's clearinghouse for evidence-based information on ADHD. This *Ask the Expert* webcast is supported by Cooperative Agreement Number NU38DD005376 from the Centers for Disease Control and Prevention (CDC) and does not necessarily represent the official views of the CDC. The National Resource Center on ADHD, CHADD and the CDC do not endorse, support, represent or guarantee the accuracy of any content presented or endorse any opinions expressed in this webcast.



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✓ CHADD website

www.chadd.org/asktheexpert

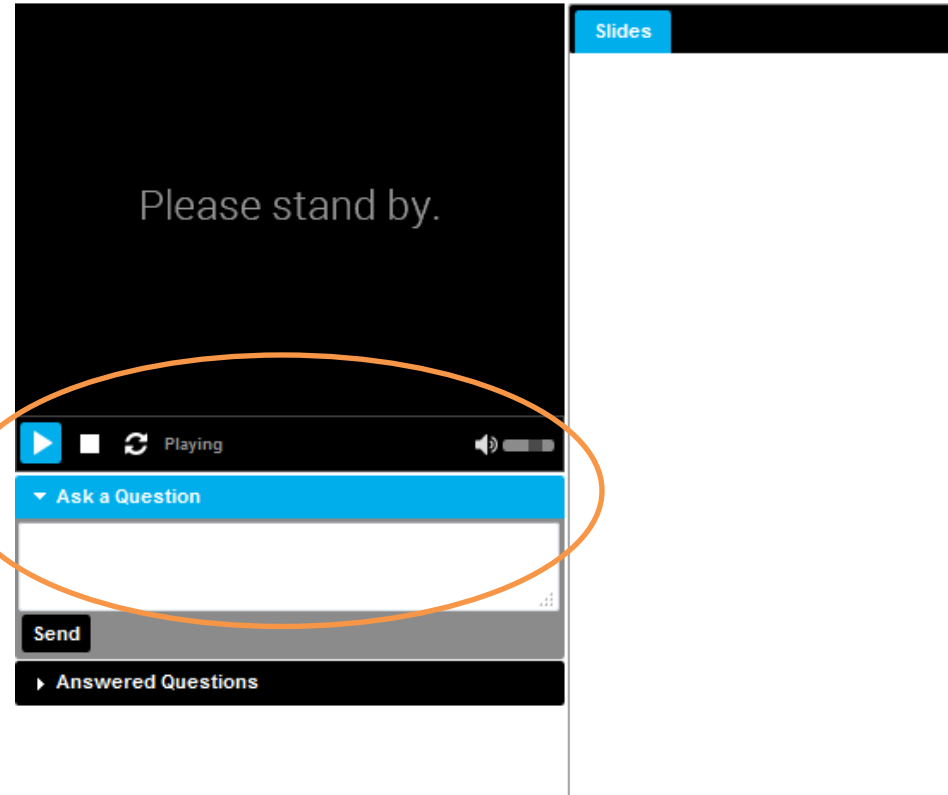


✓ Slides available under resources



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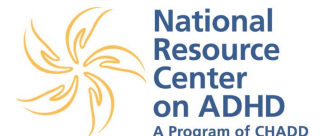


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Caroline Maguire, PCC, MEd.

Introduction | Who is Caroline?

- Mother with ADHD
- ADHD Coach for families
- Former Hallowell Center coach
- Leader of Fundamentals of Family Coaching at ADD Coach Academy
- Attention Talk Radio Guest Host
- M.Ed. Lesley University
- Author of book coming out *Why Will No One Play With Me?*

Things that Cause Chaos

- Disorganization -Piles, piles piles,
- Lack of routines
- Procrastination
- Over promising and under delivering
- Over packed schedule
- One more thing syndrome
- Being late
- Poor follow through
- Inconsistent discipline and rules
- Poor emotional control
- Communicating In anger
- Compulsive behavior
- Financial instability
- Poor impulse control
- Lost items

Behavioral Change 101

- Focus on 1 behavior at a time
- This is a marathon not a sprint
- Habits, or new neuropathways are built through repetition and takes 30 days to create a new habit
- Create external scaffolding
- Divide the change into parts of the day. (i.e., I am going to be on-time in the morning.)
- Find ways to reinforce commitment to goals
- Create a place to be ADHD

What Household Situation(s) Over the Last Week Had the Most Chaos?

Household Situation(s)

Biggest Stressor(s)

Getting Clarity: What is the one part of your household life that, if you changed it, would have the biggest impact?

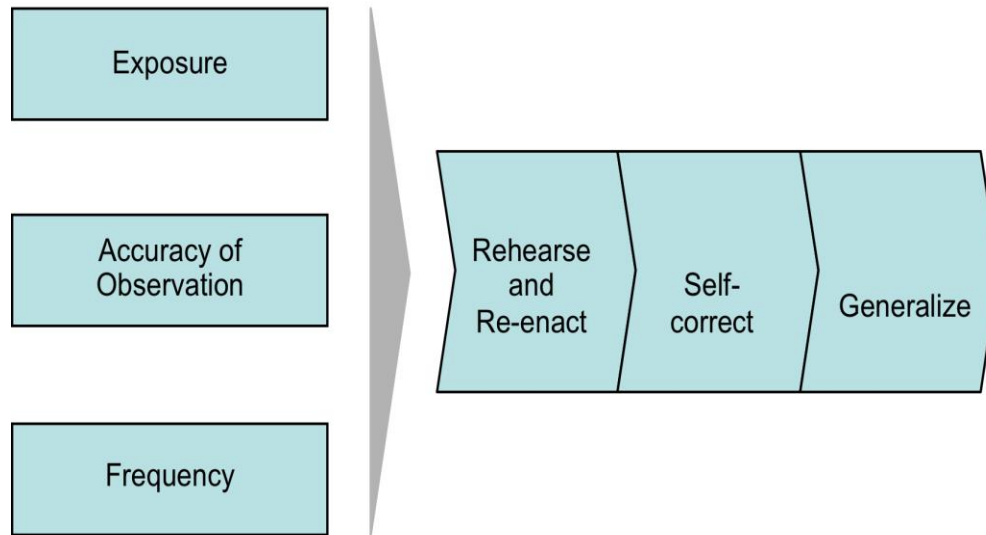
Root Cause Diagnosis Approach

- Identify Root Causes (5 Whys)
- Diagnose what causes the chaos (Not to blame but to identify)
- If you have a bad day look at it: what are the front-end interventions you can implement?
- Identify PATTERNS



Put the Oxygen Mask on First

- Children learn through modeling and observation
- Monkey see Monkey Do
- Social skills imitation
- Environment and family shape behavior
- Telling is the least effective way to teach behavior



* Adapted from Bandura, Ross & Ross 1961; Bandura, 1977; as cited in Santrock, 2009

Monkey See Monkey Do

- Take care of your issues
- Education on ADHD
- Seek knowledge about discipline and child development
- Learn about executive function
- Parenting and front-end interventions can help when ADHD kids in the house
- Model learning and trying

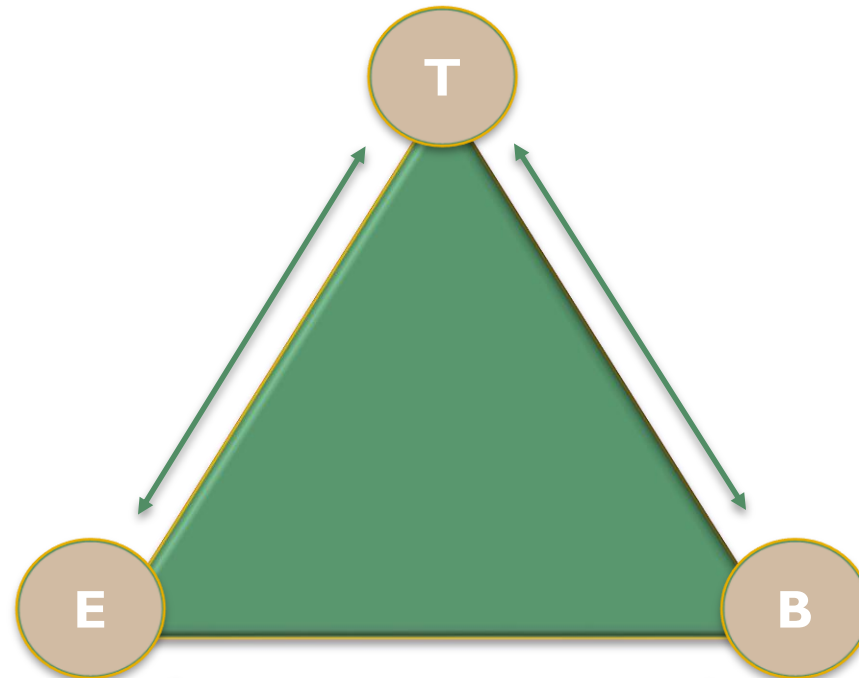
My Behavior Impacts Their Behavior

- My emotional reactions impact the reaction of the children
- Pay attention to what my children's behaviors bring out in me
- Look for triggers
- Pay attention to what is happening
- Definition of insanity is doing the same thing over and over

Cognitive Behavioral Triangle

Thoughts

What we think affects how we feel and act



Emotions

How we feel affects what we think and do

Behavior

What we do affects how we think and feel

Tips For Better Communication

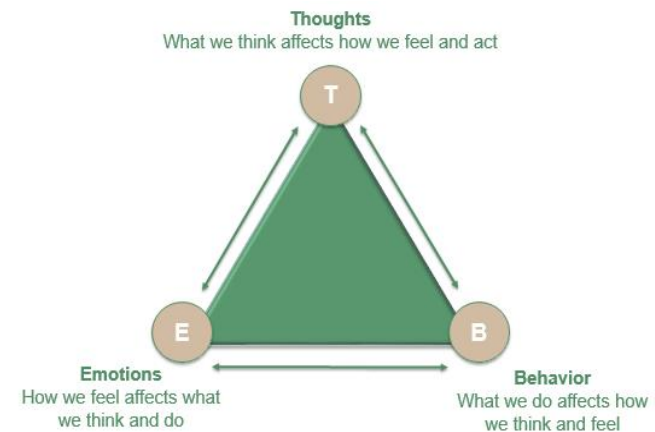
- Do not lecture
- Do not negotiate
- Avoid yelling and screaming, nagging and shaming
- Criticize the action not the child
- Apologize for yelling
- Walk away if you need to

Cognitive Behavioral Triangle

- Stay on open questions
- Open questions start with: Who , what, how

Ask what are your choices:

- *What happened?*
- *What was the end result?*
- *How did you feel?*
- *What were the consequences?*
- *What would you do differently?*
- *What are your options?*



Communication Using Reflective Listening

Paraphrase the speaker's message

Child: “I hate going to school I have no friends and everything is stupid.”

Recap the message and relay it back to the speaker

Parent: “You sound like you are feeling that you really hate school and you feel left out.

Child: “I do hate school and it makes the day so hard.”

Clarify with the speaker

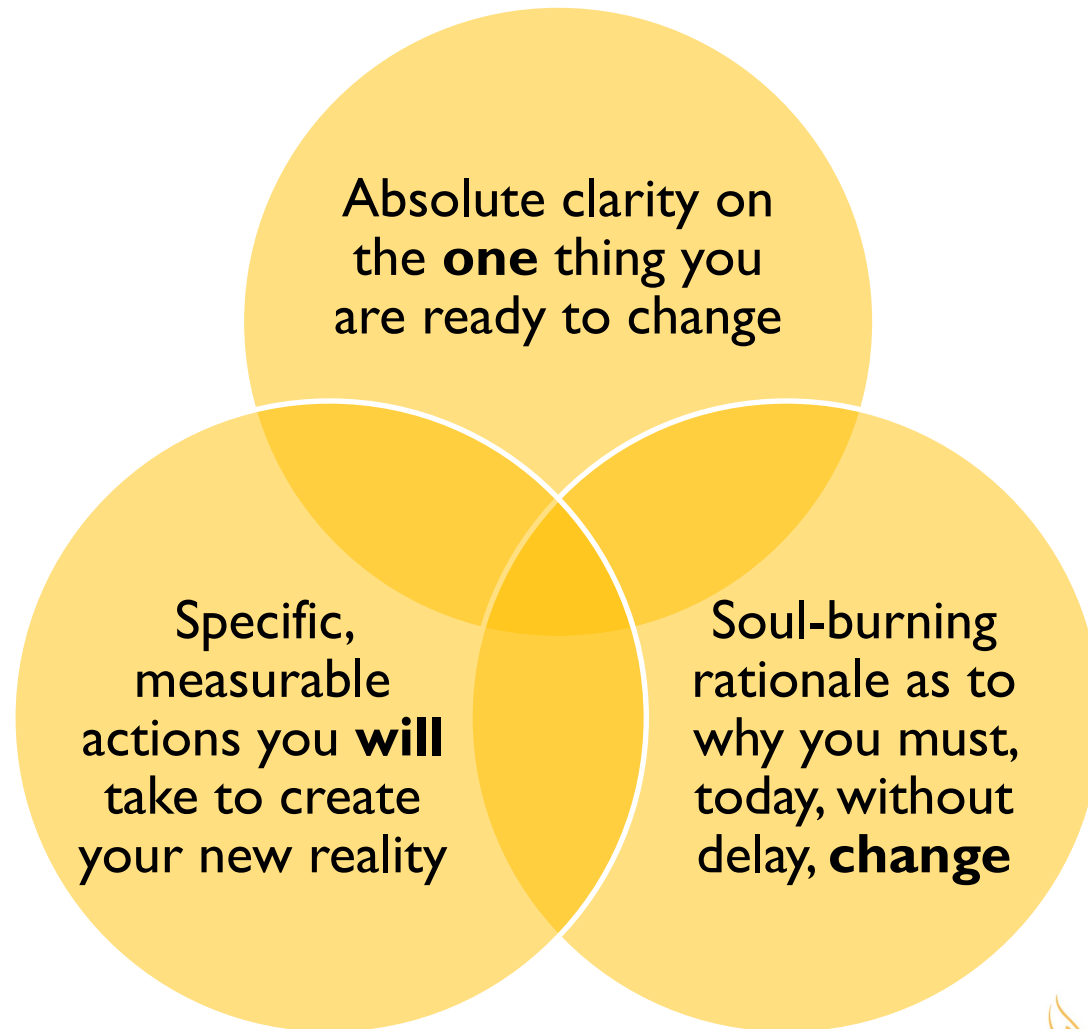
Parent: “It sounds like you are upset. Did something happen?”

Moving Into Action

“AD/HD is not a problem of knowing what to do... it is a problem of doing what you know.”

-Dr. Russell Barkley

The Three Critical Components of a Winning Action Plan



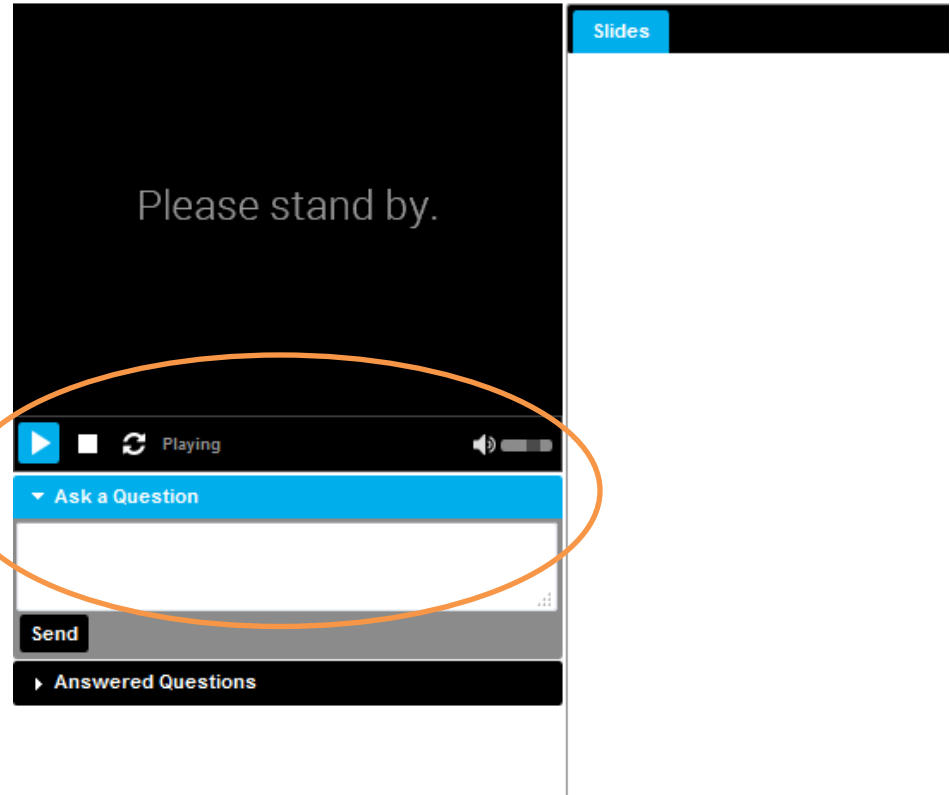
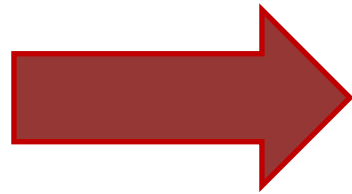
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