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# *Ask the Expert*

## Webcast Chat Series

Presented by the  
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# *Ask the Expert*

## ADHD Toolkit for Summertime Success



**Tiffany D. Sanders, PhD**

**A recording of today's webinar will be available  
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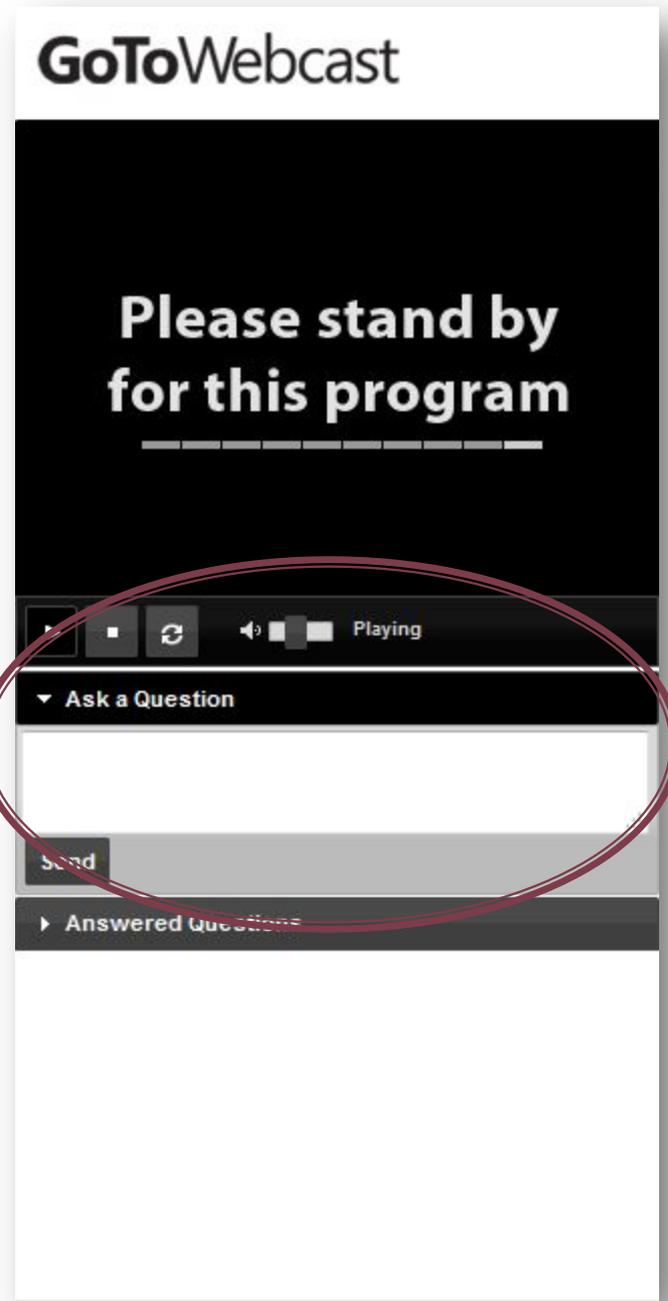
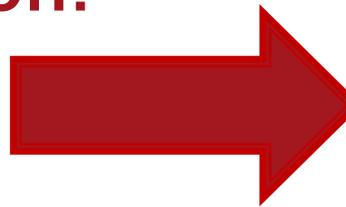
**Tiffany D. Sanders, PhD**  
Licensed Psychologist &  
Certified School Psychologist



**Sanders**  
**& ASSOCIATES**  
Provides quality mental health services in a safe,  
nurturing and confidential environment.

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To Ask A Question:





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## ADHD Toolkit for Summertime Success



**Tiffany D. Sanders, PhD**

# About Dr. Sanders

- ▶ Licensed Psychologist
  - ▶ Certified School Psychologist
  - ▶ Owner of Sanders & Associates, group psychology practice
  - ▶ Author, Media Personality
  - ▶ International Professional Speaker
- 

# Agenda

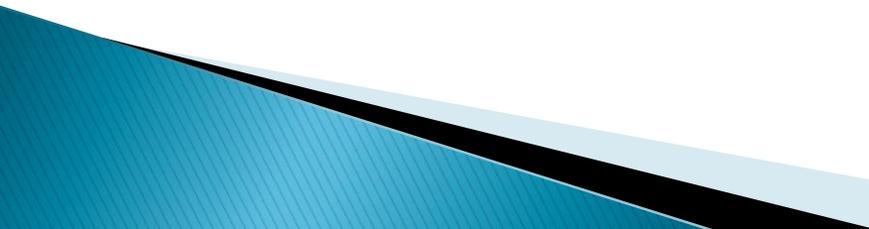
- ▶ Summer Has Arrived!
  - ▶ However, ADHD Hasn't Left
  - ▶ Summertime Challenges to Keep in Mind
  - ▶ Should we Continue the Current Treatment Plan in the Summer?
  - ▶ Summertime Success ToolKit
  - ▶ To Camp or Not to Camp?
  - ▶ Designate Outing Days
  - ▶ Maintaining Academic Gains
  - ▶ Final Thoughts
- 

# Summer has Arrived!

## Go Make Positive Memories

- ▶ No School, No Teachers, No Homework
  - ▶ Rest and Rejuvenation
  - ▶ Enjoy the Long Summer days
  - ▶ Take Family Vacations
  - ▶ Parks, Pools, and Playtime
- 

# But Remember: ADHD Hasn't Left

- ▶ Often the disorder becomes more difficult to manage because routines aren't adhered to.
  - ▶ ADHD is a disorder of self-regulation:
    1. Inhibiting inappropriate behaviors and thoughts
    2. Regulating their attention
    3. Monitoring their actions
    4. Following directions
    5. Diminished problem-solving ability and
    6. Planning and organizing for the future
    7. Adapting to novel situations
- 

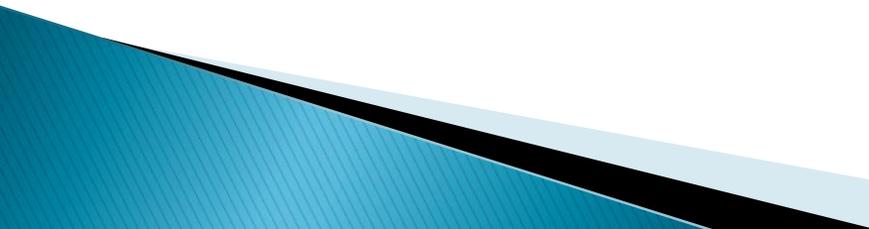
# But Remember: ADHD Hasn't Left

- ▶ Your child will likely disrupt your routine.
  - ▶ They may struggle with remaining quiet and sitting still.
  - ▶ They often complain of "wiggly minds" or "grasshopper thoughts."
  - ▶ They may engage in constant bickering with siblings or get into fights with peers.
- 

# Summertime Challenges to Keep in Mind

- ▶ Children thrive on structure and routines.
  - Routines and predictability will help children regulate their day and emotions better.
  - However, lack of routines contributes to mental and emotional chaos.
- ▶ Boredom and trouble increase because kids seek out stimulation.
  - Parents have to find a way to meet those needs.

# Should we continue the current treatment plan in the summer?

- ▶ It depends on each family and their specific needs.
  - ▶ Children who are hyperactive, impulsive, and wiggly, can be a pain to others.
    - Consult your child psychiatrist about remaining on their medications.
  - ▶ Children who are socially awkward, lack a filter, and has emotional dysregulation can have problems getting along.
    - Consult with your child's therapist about continuing sessions over the summer to address these areas.
- 

# Tools for Summertime Success

- ▶ Planning and Forethought:
  - Communicate Expectations
  - Set Schedules
  - Maintain Routines
  - What type of trips will we take? How long will we be gone? How do we manage their behavior especially if we are on a road trip?
  - What type of summer adventures will we experience?
  - Mimic home routines even when traveling

# Tools for Summertime Success

- ▶ Patience
  - ▶ Positivity
  - ▶ Organization
  - ▶ Maintain or create your behavior system
    - Rewards and consequences
- 

# To Camp or Not to Camp

- ▶ Pros: Camps are great ways to kids to have structure to their day, make new friends, experience new things, and participate in recreational activities.
  - ▶ Cons: Camps can be expensive and they often don't last more than a couple of weeks or month. So another alternative may be needed.
- 

# Designate Outing Days

If your kid is not in camp or attending summer school, designate certain days for summer activities.

- ▶ Mondays = park day
  - ▶ Tuesdays = library day
  - ▶ Wednesday = cooking day
  - ▶ Thursday = arts and craft day
  - ▶ Fridays = pool day
  - ▶ Saturdays = sports / AAU League day
- 

# Maintain Academic Gains

- Ask yourself, what do you want your child to learn?
  - Consider getting a tutor to help your child master skills they have not learned and/or to review materials learned before the school year resumes.
  - Is there a new skill that you want them to learn by the end of summer?
  - How long will they be in school for the summer?
- 

# Maintain Academic Gains

- ▶ Schedule daily reading time
  - 20 minutes a day
- ▶ If your child is attending summer school, ensure your child adheres to a routine similar to when school is in session.

# Final Thoughts

- ▶ Everyday doesn't need to be a busy day.
  - ▶ Avoid overscheduling your children in camps, clubs, musical lessons and AAU leagues.
  - ▶ Encourage them to keep learning and to have fun!
  - ▶ Remember summer goes by quickly so the transition back to school will be pretty difficult if your child doesn't have a routine during the summer.
- 



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