How Do I Manage Them, Me & Their ADHD:

10 Easy Steps to a Tension Free Household!

John Willson, *Executive Director*

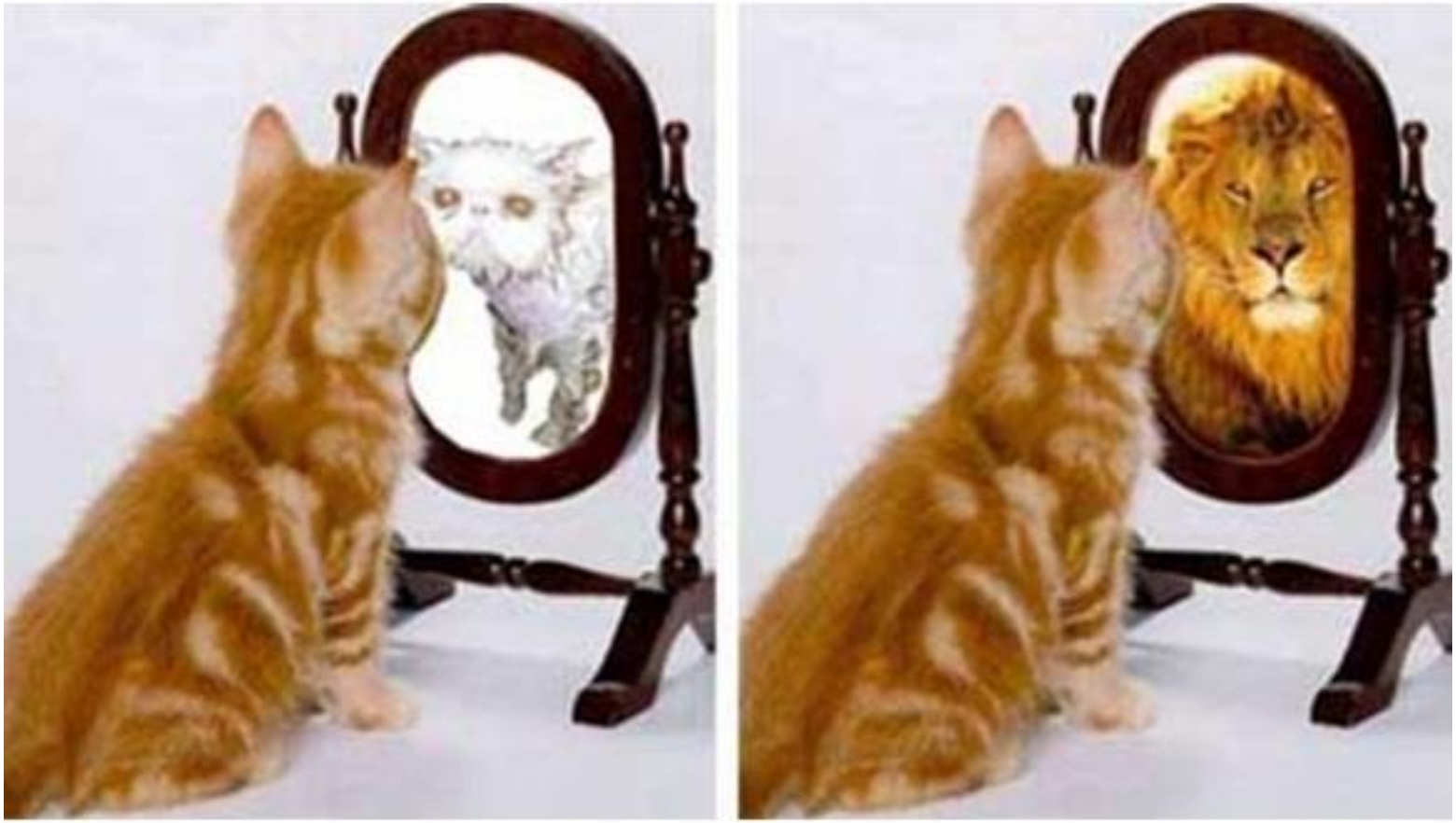
S.O.A.R., Inc

www.soarnc.org

The Strategies

1) The Looking Glass Self: Focus on Strengths
2) Involve in Decisions
3) Learn to Fail Forward with Confidence
4) Salt the Hay
5) Effective Communication Strategies
6) Use a Family Constitution
7) Validation
8) Surviving the Chaos
9) The Proposal System
10) Don’t Forget About You

The Looking Glass Self



I Think I Am Who I Think You Think I Am

How do you want your child to see themselves:

- Distractible
- Oversensitive
- Perseverating
- Disorganized
- Day dreaming
- Procrastinating
- Rigid
- Stubborn
- Manipulator

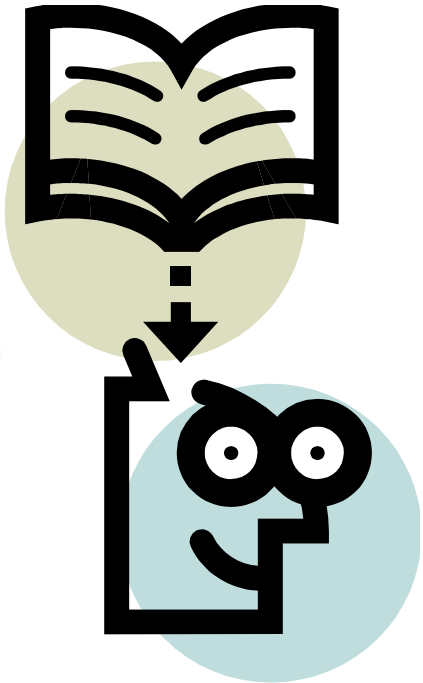
OR

- Multi-tasking
- Intuitive
- Ultra-Focused
- Flexible
- Creative
- Deadline Dependant
- Structured
- Tenacious
- Leader

Focus on Strengths, Abilities, and Successes

CHALLENGE LIST

VICTORY LIST



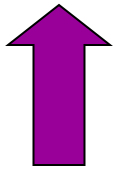
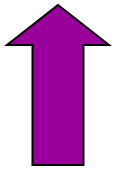
Decision-Making and Problem-Solving

- Involve child in setting guidelines, limits, consequences
- Give them choices

Choices →

Decision-Making →

Problem-Solving

-  Choices  Sense of Power

Develop a "Failing forward With Confidence" Mindset

- Expect / allow for performance inconsistency
- Give your child "Permission to Fail"
- Reinforce effort as well as result
- Create a "vision of adulthood" filled with choices and options
- Encourage career exploration / job shadowing
- Never allow your child to use LD or AD/HD as an excuse
- Reframe key words

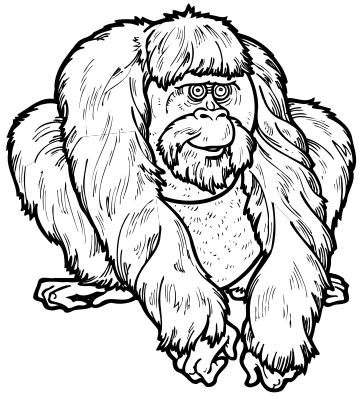
Motivation: Salt the Hay

- Praise
- Rewards
- Validation / Prestige
- Power and Control
- Time / Kindness

- Insure your comments focus on things they can control
- Meaningful and thoughtful benefits
- Continued validation and public acknowledgement
- Choices, clear expectations, & accountability
- Quality interactions and loving affection

Effective Communication Strategies

- Role play important conversations in advance
- Create guidelines and structure for discussions
- Encourage the Use “I Statements”:
  - “I feel _____, I will _____.”
- Understand the importance of non verbal ques
- Consider communicating through emails or texts
- Call a family meeting if you have an issue you want to discuss. Be prepared to negotiate
- Avoid gorilla arguing



Family Constitution

- Preamble — Family Mission Statement
- Article I — The Non-Negotiables
- Article II — Duties and Responsibilities
- Article III — Family Meetings
- Article IV — The Treasury
- Article V — Use of Behavioral Contracts
- Article VI — The Amendment Process
- Signers

Validation

- How do you prefer to be approached when receiving critical feedback?
- First Seek to Understand Before Trying to be Understood
- Come to the conversation from a place of mutual respect and understanding
- Reflective Listening: “So what I hear you saying is _____.
- If I feel listened to, heard and validated, it opens me up to your feedback.

Surviving the Chaos #Thestruggleisreal

- Figure out what systems work and expand those ideas.
- Chunk it up, break projects into small chunks
- Help these children become list makers, and learn the deeply satisfying experience of crossing out items that have been completed.
- Do not impose organizational systems, let them create their own and consistently redirect them to use their systems

Organization Strategies

- One spot by door for essentials
- Less items = less items to lose / clean / track.
- De-clutter – choose one spot and fix it, don't try to take on the whole room.
- Rather than say "Go clean your room", take a picture of the area after it is clean and say "Go make your room look like the picture."

Getting Out The Door

- Getting ready for school
  - Inventory the pitfalls
  - Prep the night before
  - Everything has a place
  - Book bag by the door
  - Meds at school
  - Create routine
  - Honey not vinegar
  - Have backup plans
  - Tomorrow is a new day

The Proposal System

Children / Teens present a proposal with the following:

- What they want / change their asking for / reward they would like to earn along with a rationale
- A list of reasons an adult would deny the proposal
- A solution to overcome each challenge listed
- Conditions for maintaining the change provided.

Sample Proposal

Proposal to Use Computer Before Homework

- **Reasons why this should be passed:**

  1. I have been performing well and continue to improve each week .
  2. I benefit from some down time when I get home from school.
  3. I will be able to do even better work if my mind is rested.

- **Reasons why this may be denied:**

  1. I may get wrapped up in computer games and not do my homework.
  2. My grades my suffer.
  3. I may become grouchy when asked to transition.

- **Terms and conditions:**

  1. I must consistently get my homework completed by 8 pm each night.
  2. I Must maintain an A – B average in all my courses.
  3. If I become argumentative when asked to transition, I will lose the privilege for the remainder of the week.

What About Me

- What restores your ability to keep going
- Sharpen the saw
- Mindfulness
- Family date night
- The Scud Hour
- The Mind Body Connection
- Support

Conclusion

- Brainstorming session
- Questions