

What Your ADHD Child Wishes
You Knew and How You Can Help:
The 5C's of Successful ADHD
Parenting

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Meet Drew, age 12, and his dad, Bill



What is really going on here?



Connect more, argue less



Get the Facts!

- FACT: ADHD affects 8-11% of U.S. students, male: female ratio is 2:1.
- 34% of kids with ADHD have an anxiety disorder



Get the Facts!

- **FACT:** ADHD is a performance-based disorder based on executive functioning skill deficits.

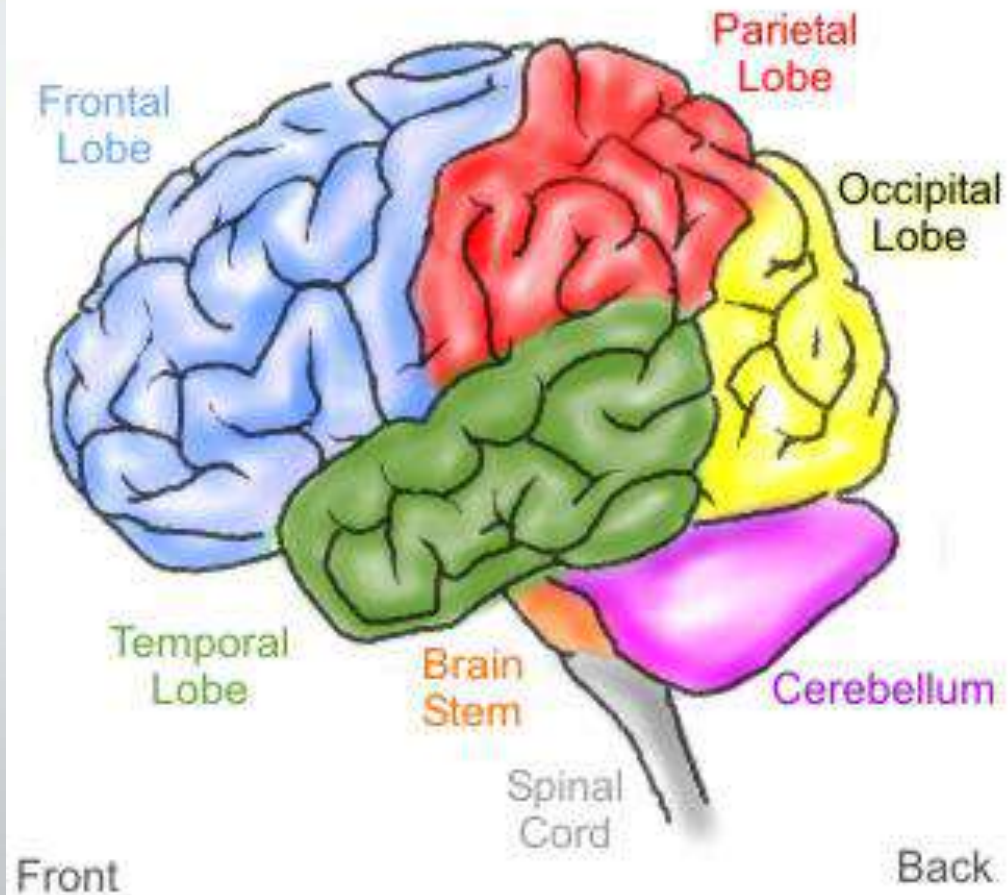
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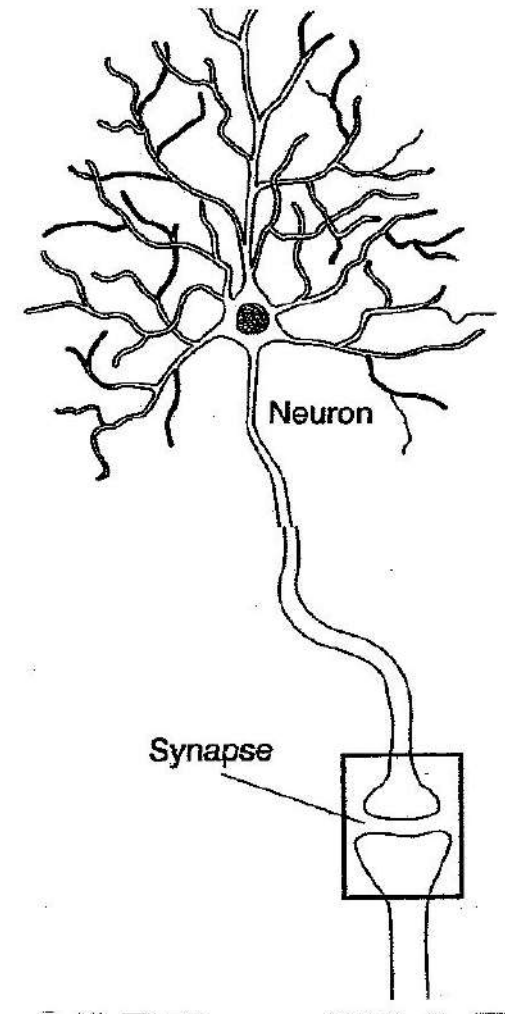
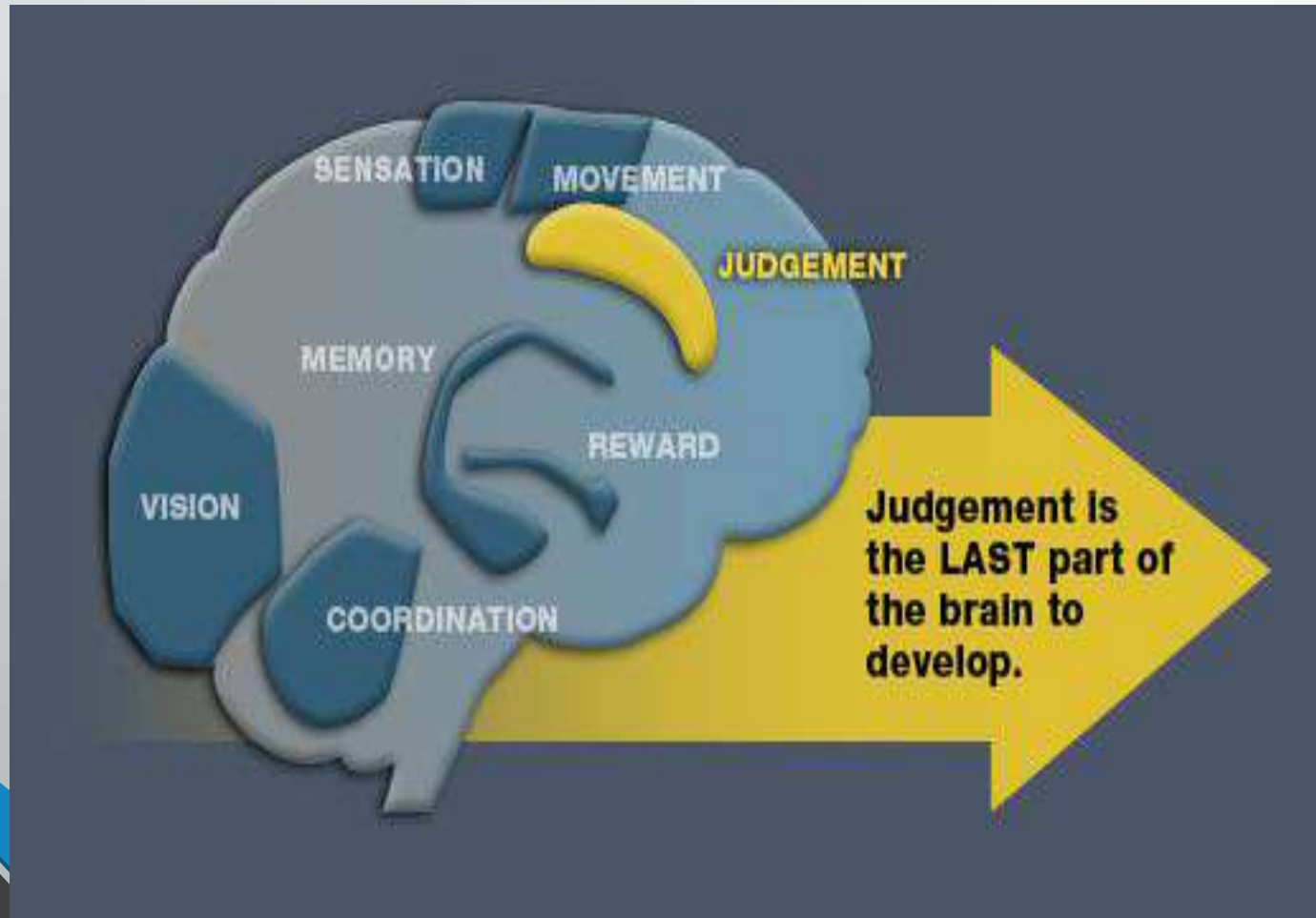
bility

The Human Brain

Regions of the Human Brain



The Biology of ADHD



Learning

Disabilities

Executive Functioning Skills

- Inhibition (verbal and behavioral self-regulation)
- Emotion (emotional control)
- Action (getting started, organization, time management, planning and prioritizing)
- Energy (alertness, perseverance, speed of processing information)
- Recall (working memory)
- Focus (staying on task, smoothly shifting to new things, flexibility, setting and accomplishing goals)
- Self-Evaluation (self-awareness and self-monitoring)

ADHD

and

AUTISM
SPECTRUM
DISORDERS

Creating Solutions that Work: The 5C's of ADHD Parenting

- Self-Control
- Compassion
- Collaboration
- Consistency
- Celebration



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The 5C's helps you:

- Create lasting solutions to daily problems.
- Set effective limits from a place of calm, not distress



5C's Relies on Strength-based Thinking and Attentive Awareness

- Strength-based Thinking: Focus on capabilities to build self-confidence and competence
- Attentive Awareness: Observe, listen to and acknowledge what your child is saying.

self-Control



You Model How self-Control Works

- Stop, Think, Act
- Respond rather than react
- Expect setbacks without judgement



Compassion

- *Compassion* is a frame of mind that withholds judgment and embraces others for who they are at a given moment, even if it's not who you want them to be.



What Kids Find Challenging

- *“I’ll blank out on what people are saying, like, if they’re talking for a long time.” Nona, age 10*
- *“My number one thing that I hate about having ADHD is my being late everywhere.” Dustin, age 16*
- *“Not being able to focus when you want to.” Tyrone, age 12*



Meet Noah

- <https://goo.gl/GVZyZS>



Collaboration

- Collaboration means working together for solutions in ways that include negotiation and compromise.



Successful collaborations include:

- Having a conversation at a planned, specific time where you both share what is going on and your frustrations.
- Sharing feelings without reacting.
- Brainstorming ideas.
- Trying out a few of them.
- Reconvening in a specific amount of time to assess your progress.

Motivating Kids with ADHD

- Things have to be engaging to accomplish them.
- If something isn't interesting, use incentives that matter, including time with you.



Motivating Kids with ADHD



Incentives are not bribes.

Consistency

- *Consistency* means sticking with a plan while allowing for flexibility.
- Consistency fosters cause-and-effect learning and resiliency.
- Consistency relies on *efforting*--when everyone practices new behaviors and solutions.

Celebration

- Give genuine encouragement and praise when something goes well.
- Celebration builds resiliency and self-esteem.



Shame Reduction



Celebration enhances what kids like about themselves

- Energy
- Imagination
- Living in the moment
- Thinking differently
- Creativity
- Being fun



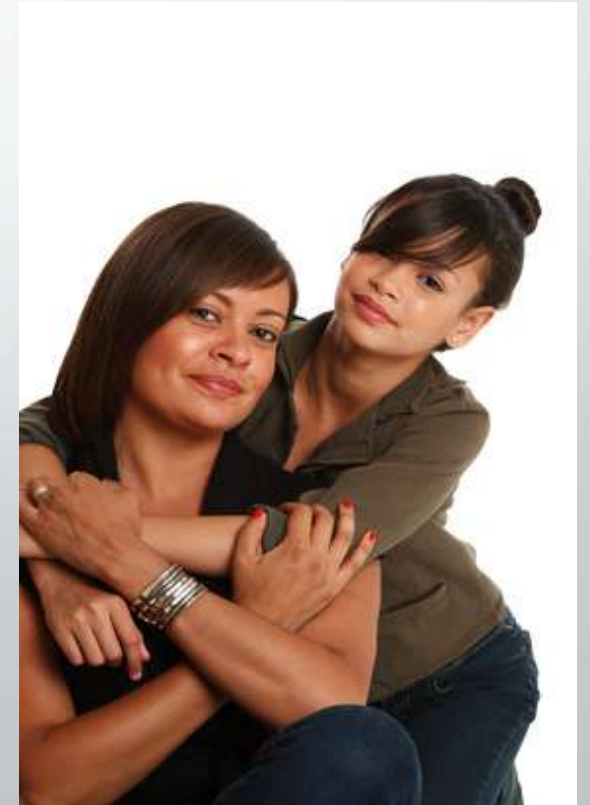
Putting the 5C's into Action

- Identify triggers
- Pick ONE behavior to work on
- Collaborate on the plan
- Aim for consistent efforts
- Notice ANY progress



Guidelines for Solutions that Work

- Manage yourself first.
- Assign tasks appropriate for their age and abilities.
- Use incentives instead of punishments.
- Build in breaks and choice
- Use lists



Advice from kids with ADHD to parents

- *“Just know your kid. . .”*
- *“My grandpa, my grandma and my mom, they listen to me. . .”*
- *“My dad, he’s always helping me. . . “*
- *“My mom is always telling me to write stuff down. . .*



Stay Connected with me. . .

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