



Ask the Expert Webinar Viewing Guides

Are you interested in creating more engagement and dialogue during your support group meetings? This webinar viewing guide will allow you to use existing webinars from CHADD to help your attendees learn, discuss, and apply information about ADHD to their lives.

The Ask the Expert webinar series hosts leading experts in the field of ADHD to provide information to help support children and adults living with ADHD, their families, educators and healthcare professionals. The webinar series is available as part of the CHADD's National Resource Center (NRC), which is funded by the U.S. Centers for Disease Control and Prevention. Free new webinars are hosted monthly and an archive of past webinars is available on the NRC's YouTube page, Help for ADHD (<http://www.youtube.com/HelpForADHD>).

Each webinar includes a 15-30 minutes presentation followed by audience questions and answers. Using this video viewing guide will allow you to use the expert's presentation to promote discussion and give meeting attendees the opportunity to better apply the tips, tools and resources to their lives.

About the video guides

1. Video background information
2. How to incorporate a webinar into a meeting
3. Coordinator version of the discussion questions
4. Attendee worksheets with discussion questions
5. Video Q & A reference
6. Additional Resources



Video Background Information

Video Title: Video Games, Screens, and ADHD A Potent Mix

YouTube Link: <https://youtu.be/cPzKKTi6tR4>

Main Audience: Parents of teens with ADHD

Start Time: 2:50 **End Time:** 35:24

Video Summary

Looking for more information about apps and how technology could be helpful for your child—and when too much is too much? This webinar looks at how children and young people use technology and what that means when they also have ADHD. While there are many helpful apps for children and families, sometimes choices can be overwhelming when deciding how best to use technology at home.

About the expert, Randy Kulman, PhD

Randy Kulman, PhD is the founder and president of LearningWorks for Kids <http://learningworksforkids.com/>, an educational technology company that specializes in using video games to teach executive-functioning and academic skills. For the past 30 years, Dr. Kulman has also been the clinical director and president of South County Child and Family Consultants, a private practice that specializes in the assessment of children with learning disorders and attention difficulties.

Additionally, Dr. Kulman is the author of numerous essays and book chapters on the use of digital technologies for improving executive-functioning skills in children. His current research projects include the development of a parent and teacher scale for assessing executive-functioning skills in children and a large survey study examining how children with ADHD and Autism use popular video games and apps. He is an advisor and occasional writer for CommonsenseMedia.org, and [Toca Boca](http://TocaBoca.com). He is the author of two books; [*Train Your Brain for Success: A Teenager's Guide to Executive Functions*](#) and [*Playing Smarter in a Digital World*](#).



How to incorporate the webinar into a meeting

Pre-meeting planning:

1. Review the presentation portion of the video “Video Games, Screens and ADHD a Potent Mix”
2. Review the “Video Q&A reference.” Optional: listen to the responses provided by the presenter
3. Read through the “Discussion Questions for “Video Games, Screens, and ADHD A Potent Mix” and become familiar with the “Coordinator version”
4. Print copies of the “Discussion Questions for “Video Games, Screens, and ADHD A Potent Mix” attendee version of the guide
5. Print any relevant resources you plan to discuss during your meeting

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
4. Follow the “coordinator version: discussion questions”

After the meeting:

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

Materials Needed:

- Coordinator version of “Video Games, Screens and ADHD A Potent Mix” video guide
- Copies of attendee version of discussion questions printed out for all attendees
- Laptop, screen, projector, and speakers to show the YouTube video
- Access to YouTube to play the video or the video pre-downloaded and saved
- Additional resources (optional)
- Pens (optional)



Coordinator Version: Discussion Questions

Discussion question #1 (video time reference 2 to 3min):

Kulman says that screen based technology provides benefits to help kids with ADHD learn real world skills.

- a. Do you agree, why?
- b. Disagree, why?

1. **Start** the video and watch up until minute 3.
2. **Pause** video at 3 min.
3. **Ask** attendees about discussion question #1
4. **Give** attendees time to think about their response and if they want to write it down.
5. **Ask** if anyone wants to share their thoughts.

Getting Started

- 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

Discussion question #2 (video time reference 9:30 to 11:57min):

What interventions/ strategies work best with children with ADHD? List 3-5 main things.

1. **Restart** the video and watch up until minute 11:57.
2. **Pause** the video at 11:45 min.
3. **Give** attendees time to write down 3-5 strategies they use.
4. **Ask** if anyone wants to share and take 3-4 responses.
5. **Tell** them you'll be coming back to these later.

Discussion question #3 (video time reference min): Starting at 15:10 to 19:23

When the presenter is talking about digital play he says:

"Playing an hour of day of video games is good for our mental and physical health."

- a. Can you think about a time when you last played video games?
How long did you play?
- b. What game did you play? What was the type of content?
- c. What type of benefits do you think you achieved during this digital play period?

Highlighted words are the answers for the fill-in-the-blanks on the attendee worksheet.

1. **Restart** the video and watch up until minute 19:03
2. **Pause** video at 19:03 min.
3. **Review** the blanks to the slides bulleted list.
4. **Give** attendees times to think about their response and if they want to write it down.
5. **Ask** if anyone wants to share their thoughts.



Discussion question #4 (video time reference 24:55 to 26:38 min):

What strategies can we use for children with ADHD who become hyper-focused on video games?

If you have a small group you could brainstorm solutions all together. To get the discussion started you can use these examples.

Example 1 Using a timing to set limits

Example 2 Provide other activities such as physical activities outside

1. **Restart** the video and watch up until minute 24:43.
2. **Pause** the video at 24:43 min.
3. **Review** the blanks to the statements above.
4. **Give** attendees time to think about their response to questions “a” and “b” on their own.
5. **Ask** attendees to partner with someone else, share their struggle and brainstorm solutions.
6. **Ask** if any partner groups want to share their thoughts.

Discussion question #5 (video time reference 27:30 to min):

Can you think of technology that you use to teach attention or other skills?

- 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?
1. **Restart** the video and watch up until minute 29:45
 2. **Pause** the video at 29:45 min.
 3. **Give** attendees time to think about all of the wrap-up questions.
 4. **Ask** if anyone wants to share their answers to questions “c” and “d”.



Discussion Questions for “Video Games, Screens and ADHD A Potent Mix”

1. Kulman says that “screen based technology provides benefits to help kids with ADHD learn real world skills.”

a. Do you agree, why?

b. Disagree, why?

2. What interventions/ strategies work best with children with ADHD? List 3-5 main things?

3. When the presenter is talking about digital play he says:

“Playing an hour of day of video games is good for our mental and physical health.”

a. Can you think about a time when you last played video games? How long did you play?

b. What game did you play? What was the type of content?

c. What type of benefits do you think you achieved during this digital play period?

4. What strategies can we use for children with ADHD who become hyper-focused on video games?



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?
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Video Q & A Reference

Questions answered by the experts after the end of their presentation.

- 1.** What information is available for young adults with ADHD? (Starting at 35:56 Min)
- 2.** For children with inattentive ADHD how do you set boundaries so they are not distracted from homework/ family time? (Starting at 39:03 Min)
- 3.** How much video screen time would you suggest for teenagers? (Starting at 43:40)
- 4.** What tip can you provide to transit from screen time to another task? (Starting at 48:10)

Quick Tip

While you are watching the video and going through the discussion questions, if a participant asks a question that the expert answered in the video you can show that particular question and answer using this reference.



Additional Resources

<https://learningworksforkids.com/>
<https://learningworksforkids.com/play-diet/>

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>