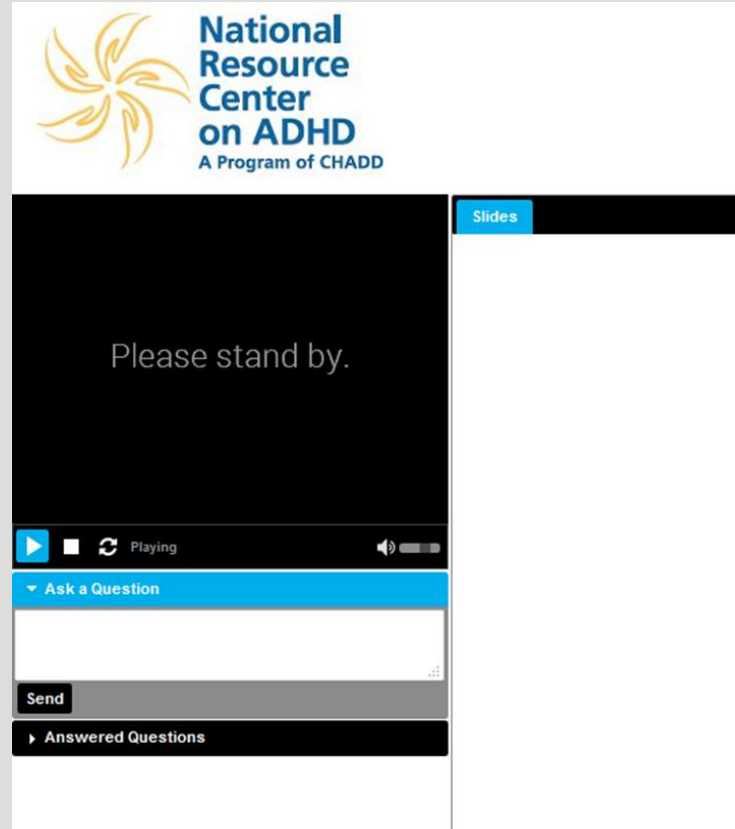


Ask the Expert

I Can't Make Friends By Myself:
How To Improve Social Interaction for Teens with ADHD

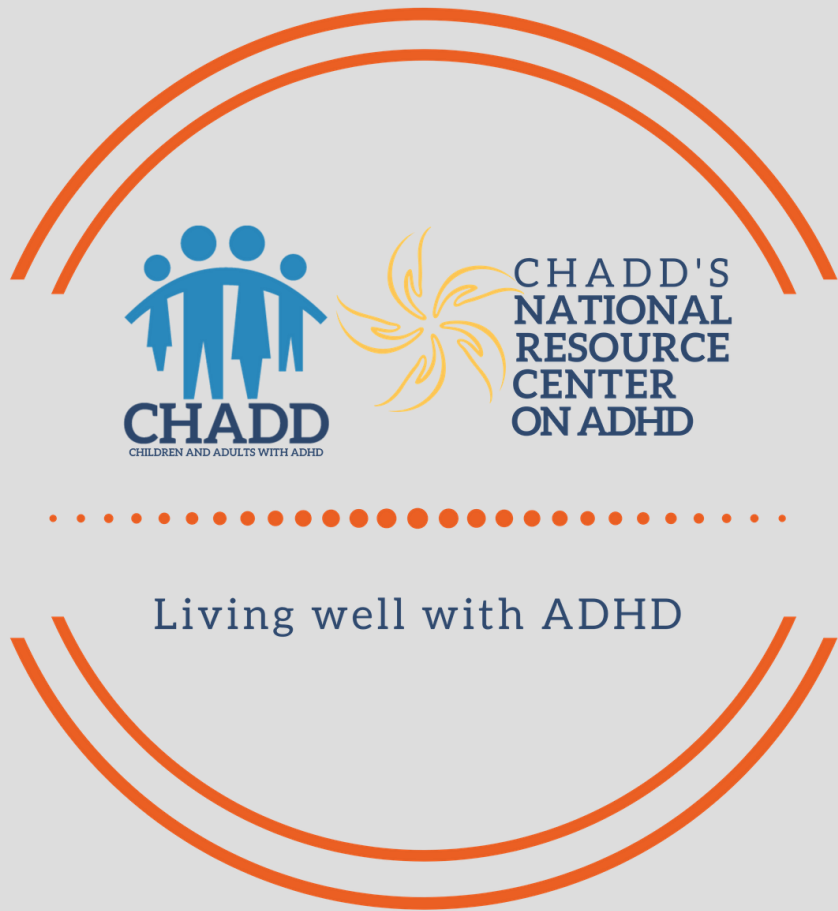
A partnership between CHADD and the Centers for Disease Control and Prevention



Living well with ADHD

Visit CHADD on Social Media

The information provided by CHADD's National Resource Center on ADHD is supported by Cooperative Agreement Number NU38DD005376 funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services (HHS).



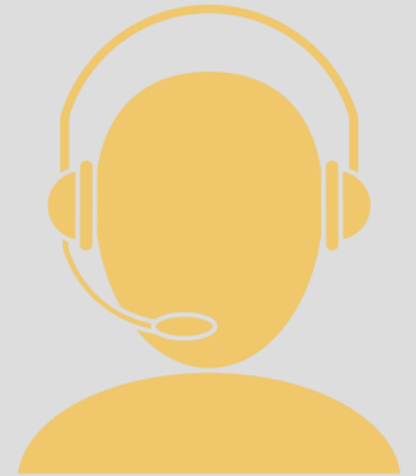
Resources, Information & Support

Monday– Friday, 1-5 pm Eastern

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Why Will No One Play With Me?

THE PLAY BETTER PLAN

TO HELP CHILDREN OF ALL AGES
MAKE FRIENDS AND THRIVE

CAROLINE MAGUIRE, PCC, M.ED

WITH TERESA BARKER

I CAN'T MAKE FRIENDS BY MYSELF:
HOW TO IMPROVE SOCIAL
INTERACTION FOR TEENAGERS WITH
ADHD

Presented by Caroline Maguire, PCC, M.ED

Anything that....

- Keeps your child from engaging with a group, making friends and keeping them, having a good relationship with peers, and navigating social situations as they arise is a social problem
- Ability to scan a situation and adapt
- “Adopt the social skills needed to manage conflict, coordinate their work, and otherwise work in a more cooperative and integrated fashion with others.” Zingoni, p. 1, 2000
- Consider the workplace and their future



CONSIDER
THIS
DEFINITION
OF SOCIAL
SKILLS

FRIENDSHIP AND RELATIONSHIPS

- Friendship is:
- The basis of all friendship is to have close bonds, friendship privileges, compatibility, emotional connection, persistent contact, shared activities, trust and loyalty
- “Someone who has a relationship unprompted by anything other than the rewards that the relationship provides” (Wells, 2004,p.5)
- Traditional friendship versus online friendship- online no trust was expected (Wells, 2004)
- 1978 study Reisman and Shorr found ages 13-14 had 7 friendships

TEENAGERS AND BEING SOCIAL – NOW ADD IN COVID 19

- Peer group is everything so if you do not have one it hurts
- Thin social network
- Social dynamics
- I don't know how so I resist
- Choosing friends you don't like
- Sticking with friends who don't treat them well
- Friends by proximity
- Friends and common interest –but activities are canceled
- Pods
- Lunch and afterschool
- Kids doing things that are unsafe

IT MAY NOT FEEL
LIKE AN EPIC ASK
BUT IT IS

To reach out to friends with a very thin network is not a big deal to you but its an epic ask for them

Consider the steps involved

Anxiety

Its better to stay where I am than risk losing everything

Being vulnerable is hard

Every teenager feels like they are the “only one”

WIFM



Look at *What Is In It For Me*



Tie daily actions to larger goals



What do you want?

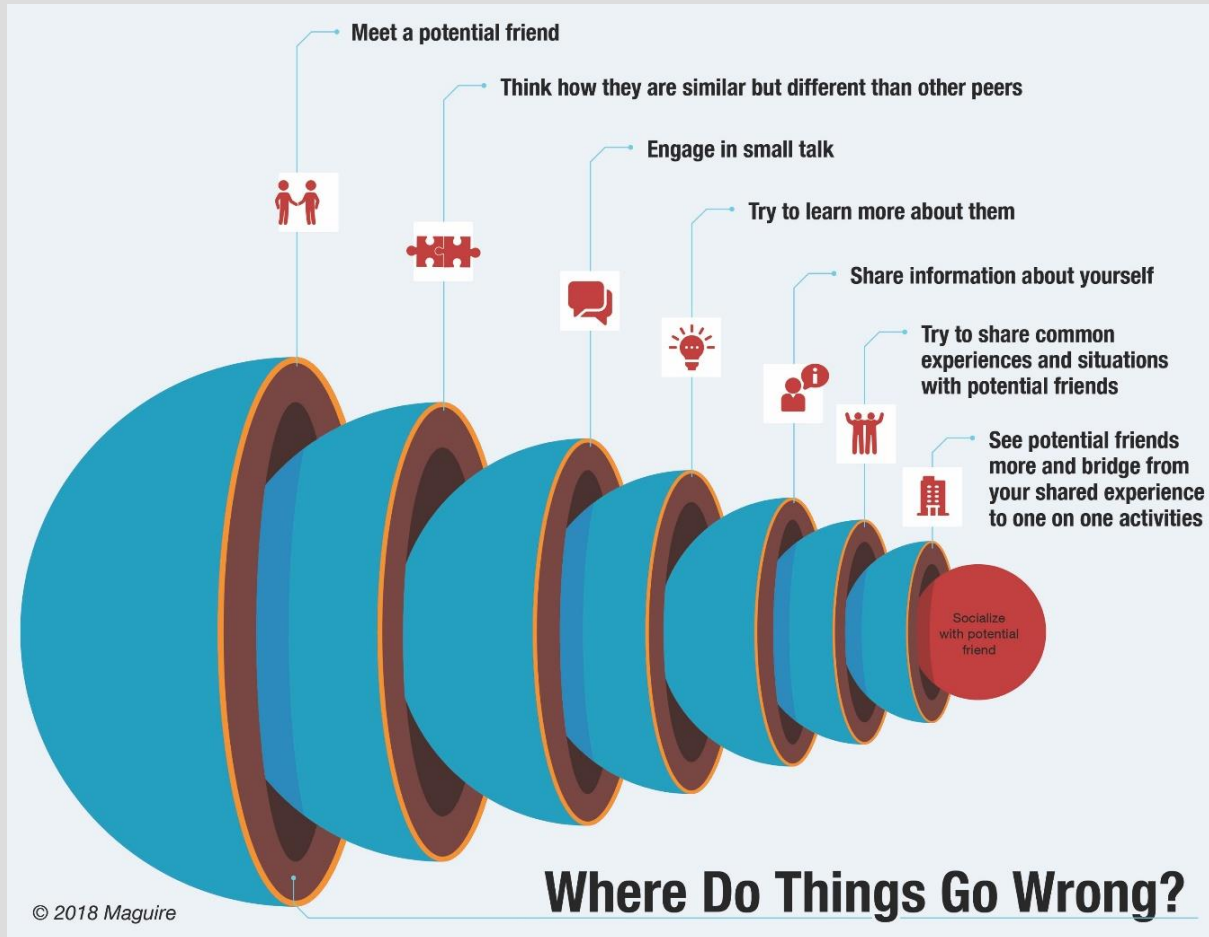


Create a daily WIFM activity or reminder



Ability to graduate from some program or support

THE PROCESS TO BECOME FRIENDS



CONNECTION IS AN ACTION VERB



You must take action steps to reach out and become closer to someone



Often teenagers struggle to connect, schedule, and see friends



Join in



A specific job or role may help make meeting people easier



Create shared experience and time to be in proximity with potential friends

**FORMULA FOR MOVING
FROM SMALL TALK TO
CONVERSATION**

1

2

4

3

5

6

Tip—During Small Talk:

Ask questions

Try to learn about the other person

Ask questions about their interests and shared experiences

Comment on that and share something related to their interest

Ask them more questions about the topic

Hello



Tell me
more about
that?



Comments You Can Make to Bridge:

Oh, interesting.

Mmm, I don't know about that.

I would love to know more.

I hear ya.

Tell me more about that?

Interesting.

What Can You Say?

How is your day going?

Do you like (insert teacher, situation, activity, coach)?

How was that (insert situation)?

What was that like?

Hey, I noticed (insert something you noticed that is public and not going to lead them to feel weird).

Topic the Speaker Brings Up:

Sports

Teachers

Time of day

Games

Hobbies

Favorite food

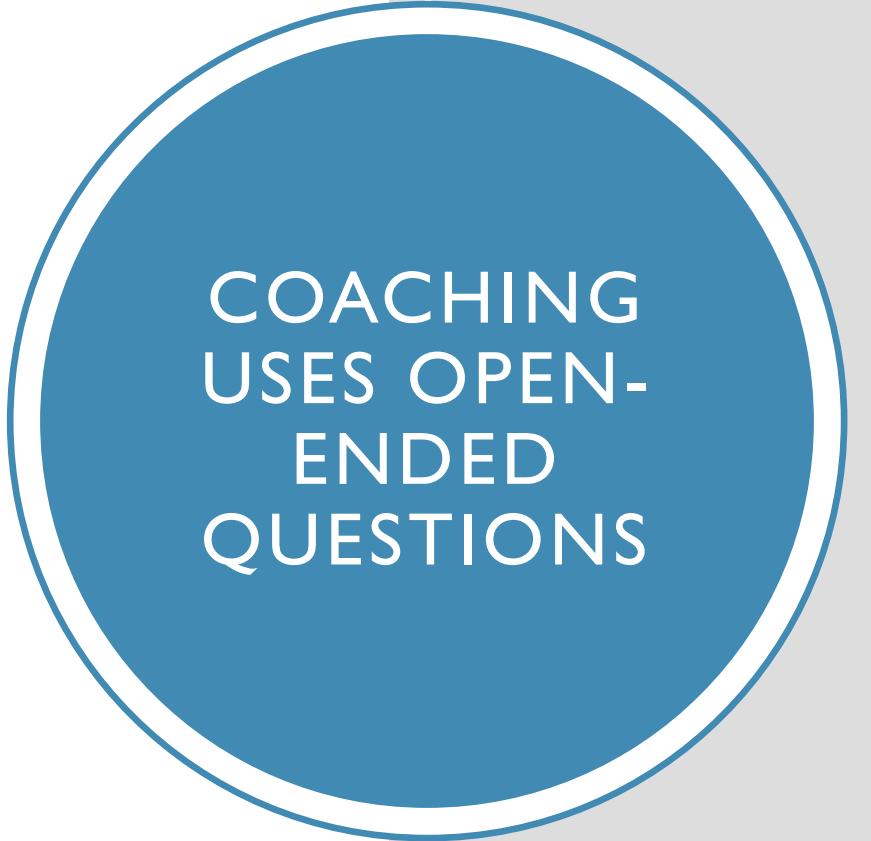
I don't love our teacher.

I think coach was mean last game?

I am so done with school it's time for vacation

BRIDGE QUESTIONS

- Coaching made up of two key skills **open-ended questions** and **reflective listening**
- By asking open-ended questions, you can encourage your child to talk about his friendship situation fully and candidly
- Open-ended questions use the words:
- Who, what, when, where, how
- Ask, rather than tell
- Ask questions, instead of using “you were rude”
- *What did your friend feel when you walked away from him?*
- *How come?*
- *What happened?*
- *What do you believe about why it happened?*
- *How do you feel when someone behaves that way toward you?*



COACHING
USES OPEN-
ENDED
QUESTIONS

TIPS USING REFLECTIVE LISTENING



SAYING CRANKY MAKES ME CRANKY

- Saying someone is cranky to friends and over and over may seem funny but it triggers her
- Shift your communication style
- Remember where they are developmentally

HOW ENJOYABLE IS THE FRIENDSHIP



Discuss with your child



Friendships are supposed to be a two-way street.



You enjoy someone, and they enjoy you.



You treat them well and they treat you well.



You show interest in them and they show interest in you.



You invite them over to your house and they invite you to their house.



Thinking about your friendships can be tough but can also help you figure out who is treating you well and who is not.



Friendship should be enjoyable, and it should be fun for you.

FREE VIDEO

LESSON: GOOD WINNER, GOOD LOSER

Watch my video to help the child who struggles with self-regulation to expand his or her self-awareness.

Sometimes when the child's emotions bubble up they can become too much for their playmates. This lesson helps the child learn to recognize their warning body signals when emotions begin to get out of control. This lesson, disguised as a game, will provide strategies to help your child prepare for, and manage, big emotions so she can change her approach.

Cheers to you!
xoxoxo Coach Caroline

P.S. Feel free to email me with questions at caroline@necoaching.com

Please follow me on social media at @CoachCarolineCM

<https://www.carolinemaguireauthor.com/good-winner-good-loser-video/>

-

QUESTIONS
& ANSWERS





THANK
YOU!

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