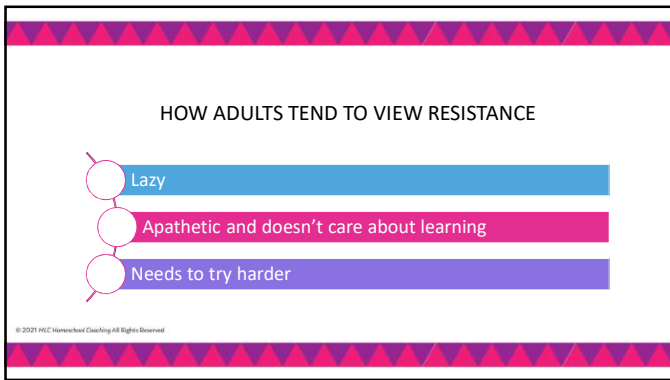


UNDERSTANDING AND RESPONDING WHEN YOUR ADHD CHILD RESISTS LEARNING

BY AFSANEH MORADIAN M.ED.
FOUNDER OF MLC HOMESCHOOL COACHING



HOW ADULTS TEND TO VIEW RESISTANCE

- Lazy
- Apathetic and doesn't care about learning
- Needs to try harder

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HOW THE EDUCATION COMMUNITY LABELS RESISTANCE:

- Lacks motivation
- Lacks attention or focus
- Lacks self-control
- Easily distracted
- Has difficulty completing tasks
- Is distracting to others

...it's a behavior that needs to be managed through rewards/consequences.

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WHY DOES THE RESISTANCE CONTINUE?

The labels describe the outcome of the behavior.

They do not explain or provide an understanding of the behavior.

In order to address resistance, we need to know:

- What is the underlying cause of the resistance?
- Why does your child lack motivation or have difficulty focusing on the assignment?

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TYPES OF RESISTANCE

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All behavior is communication

So what are our children telling us through their resistance?

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Resistance • An inability for a child to do what is asked of them

Because a need isn't being met, they can't or won't do what is asked of them.

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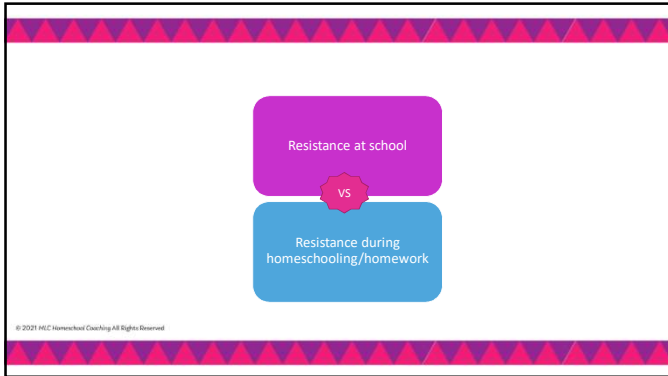
PARENT = DETECTIVE

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COMMUNICATION IS KEY

- Ask questions without frustration or judgement
- Create a safe, trusting, collaborative environment
- If you can't figure it out, revisit what happened at a later time when your child is better able to talk about it

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CAUSES OF RESISTANCE INCLUDE...

- A need isn't being met
- Need for a different type of activity
- The task is repetitive, tedious, not intellectually stimulating
- The assignment is not developmentally appropriate for your child (Remember: development is not based on age or grade level)
- There is a lack of meaningful learning with a clear purpose and a connection for your child

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WAYS TO MOTIVATE AND CREATE MEANINGFUL LEARNING DURING HOMEWORK TIME

- Active Communication/Support
- Create fun experiences/connect to interests
- Possible to work with teacher/modify assignments?

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WAYS TO CREATE MEANINGFUL LEARNING
WHEN HOMESCHOOLING

- Need to supplement
- Create fun learning activities
- Connect to your child's interests

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