

Time Out for Parents - Children with Special Needs (ADHD):

(5 sessions @ 2 hours)

Week 1:

- Pre-course Questionnaires and Icebreaker
- Preconceived Ideas
- Current Concerns & Worries vs. Wants & Expectations from the Course
- How the ADHD Brain works
- Responding to ADHD - The Choices we face
- A Clinical Perspective of ADHD - The 3 Core Symptoms

Week 2:

- Review/Reflection
- How Mindset affects Behaviour
- Behaviour Management x 3 (Routines, Consistent Rules, Giving Clear Instructions)
- Ideas for managing Hyperactive Behaviours
- Role of Exercise vs. Meditation & Mindfulness

Week 3:

- Review/Reflection
- Sanctions & Rewards
- Concept of "Fit for Purpose"
- Routines & Consistent Rules - Sorting out what is/isn't essential!
- The Anger Cycle

Week 4:

- Review/Reflection
- Managing constant Demands and Anger
- The Power of Language
- Responding to Incidents at Home / 3rd Party Involvement
- Triangle of Roles - Persecutor, Victim, Rescuer

Week 5:

- Review/Reflection
- Ideas for managing Impulsive/Inattentive Behaviours
- Ideas for Behaviour Management at School
- Treatment Options for ADHD - A Multi-Modal Approach
- Coping Strategies for Parents - Advocacy/Agency support
- Evaluation (Post-Course Questionnaire) and Closure