

# ADHD 101: PARENT COACHING



*Please join in a lively, interactive **online** group session for parents and caregivers of children and adolescents with ADHD. The training will be facilitated by an experienced child and family therapist, Jennifer Rich, L.M.F.T.*

Research shows that the long-term outcomes of children with ADHD is better when the parents received educational training about the condition. To facilitate this, the CDM offers "ADHD 101" for parents and caregivers every three months. Topics to be covered at each session throughout the year will include:

- Defining ADHD.
- Tips for increasing attention, reducing impulsivity and distractions, channeling hyperactivity and developing organizational strategies.
- Establishing rules with your ADHD child and teenager: the importance of consistency and setting expectations.
- How to implement positive reward systems.
- The importance of mindfulness, acceptance, and self-care.
- Help with managing homework struggles.
- Suggestions for how to build confidence in your child or teenager.
- Learning to enjoy the uniqueness of your child.
- Practice of effective and positive communication styles.

**February 5, 2024 7:00-8:00pm**

Center for Developing Minds



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Session Fee: \$100. Please register with the clinic in advance for the online class login link.