



**FREE**

**A FREE Parent Educational Workshop**

# **Caring for KiDs with ADHD Workshop**

**When:**  
TBA

**Duration**  
7 sessions, from 10:00am -1:00pm

**Where:**  
Blacktown Local Government Area

**Who:**  
Mums, Dads, Carers, Grandparents .  
Anyone interested in learning about ADHD.

## **INCLUDING THE FOLLOWING TOPICS**

- ◆ Understanding ADHD
- ◆ The threes "R"s of parenting
- ◆ Using reward systems
- ◆ Time out strategies
- ◆ Liaising with your child's school
- ◆ Self Esteem
- ◆ Parental Burnout
- ◆ Referrals for further support
- ◆ Grief and Loss Issues
- ◆ Love Languages

Light  
refreshments  
provided



**Bookings Essential**

**For further information, expression of interest and bookings**

**Please phone (02) 9621 3922**

# CARING FOR KIDS WITH ADHD WORKSHOP

A strength based approach workshop aimed at building resilience in clients and caregivers of children with Attention Deficit Hyperactivity Disorder (ADHD). Enabling participants to work together in developing skill to minimise the challenges experience that ADHD behaviours can bring out in our children. Providing the opportunity to identify practical strategies and establish a behaviour management plan, it is hoped that participants gain an increased understanding of this disorder, the impacts of related behaviours, enhancing and further developing skills to improve on management techniques. The interactive format aims to accommodate all learning styles and develop social networks between participants.

## CONTENT OVERVIEW

### Session One:

- Being a parent NOW! Photo Language
- What is ADHD?
- The impact of ADHD on the child, parents and siblings
- Stages of grief
- The 5 love languages of children
- Anticipated change for children
- Home exercises

### Session Two

- The fault filter explanation
- Sensory exercise – classroom participation
- The three “R”s of parenting – relationship, rules routines
- Voice Tone
- Special Time
- Power of your attention
- Home exercises
- Planning ahead

### Session Three

- Rewards
- Token reward systems
- Consequences

### Session Four

- Planned ignoring
- The calming strategy
- Time Out
- Strategy review

### Session Five

- The Management Decision Chart & Family Plan

### Session Six

- Liaising with your child’s school

### Session Seven

- Self esteem
- Parental burnout
- The roles carers perform
- Course overview
- Evaluations and Community Awareness

**“If we think we are fragile and broken, we will live a fragile, broken life.  
If we believe we are strong and wise, we will live with enthusiasm and courage.  
The way we name ourselves colours the way we live.  
Who we are is in our own eyes.  
We must be careful how we name ourselves.”**

*Wayne Muller*