#### Welcome to...

### "Strategies for the ADHD Brain"

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### Mr. Rogers



"Love isn't a state of perfect caring. It is an active noun like struggle. To love someone is to strive to accept that person exactly the way he or she is, here and now."

#### -Fred Rogers

OO Julia A. Nunno-Miller and 6 others



#### This morning, we will talk about:

- What do I mean, ADHD brain?
- Brain basics
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- Our role as the grown ups, prefrontal coaches
- Specific strategies in schools and at home

# A taste of ADHD brain... as described by Sam.



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# Remaining calm & neutral

It's about the brain!

Children's brains and adult brains are different.



# The Walnut- Prefrontal Cortex



# The Almond-Amygdala



## What are our schools doing?

- Calm down corners
- Fidgets
- Visuals on desks
   > If \_\_\_\_\_, then \_

Positives
 Ask your child... Ask your child's
 teacher...Classroom DoJo... Parent Connect

#### Communicate Expectations Clearly: Visual schedules



#### Communicate Expectations Clearly: Family Guidelines

#### An example...

Be a good listener and do what mom and dad say.



Play nicely.



Use kind words.



Gentle hands and feet which means no hitting or hurting.



Rehearse the behaviors you want with your children... make it fun!



#### More tools you can use:

- "when\_\_\_\_, then\_\_\_\_"
- "I've decided..."
- Positives, quickly and frequently at first
- Exercise
- Sleep
- Timers/transitions
- Reminders- texts, alarms, choose the time

## Kids do well if they can... Dr. Ross Greene

| AT&T 穼   | 11:16 AM  |
|--|---|
| 4 hrs • 👪  |   |
|  | Growing Up with AD/HD 235   |
| the symptoms in a positive<br>will have. Your child's qual | ft?<br>it. The more you and your child can view<br>way, the less negative impact the disorder<br>ities and his day-to-day life actually sound<br>your child's symptoms as a gift. |
| Symptom  | Gift  |
| Impulsive  | Lives fully in the moment   |
| Hyperactive  | Energetic   |
| Daydreaming  | Gets into state of relaxation   |
| Distractible   | Attends to the unobserved in the world  |
| Forgetful  | Free from endless list of things     to do  |
| Loses things   | Unbound by material things  |
| Acts like does not hear                                    | <ul> <li>Easily tunes out annoying<br/>stimuli/people</li> </ul>  |
| Talks too much   | Passionate about ideas/interests  |
| Interrupts   | <ul> <li>Excited to share ideas with others</li> </ul>  |
| Repeats same mistake                                       | <ul> <li>Not plagued with guilt for<br/>mistakes</li> </ul>   |
| Hates homework   | Incredible capacity for play  |
| <ul> <li>Distorted reality testin,</li> </ul>              | g • Unique view of the world  |
| Obsessed   | Passionate  |
| Ignores others   | Single-mindedness of purpose  |
| <ul> <li>Bizarre sense of humor</li> </ul>                 | Unique sense of humor   |
| Selfish  | Gets own needs met  |
| Greedy   | Strong desires for more   |
| Pushy  | <ul> <li>Doing what it takes to get more</li> </ul>   |
| No self-awareness  | Free from self-consciousness  |
| Lack of insight  | Free from preoccupation with     own faults   |
|  | Finds entertainment in mundant  |



# What did you learn today that you would like to try at home?

Thank you for coming!!!