

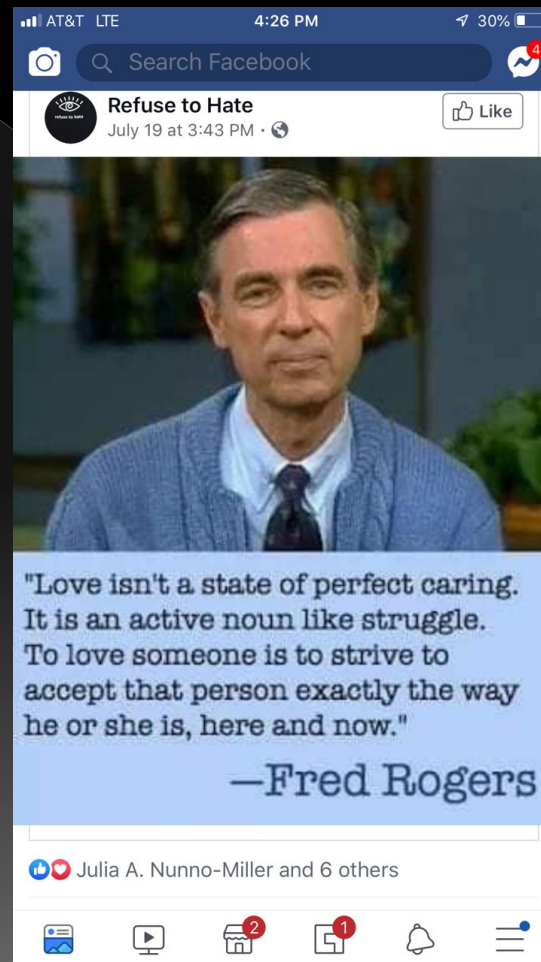
Welcome to...

# “Strategies for the ADHD Brain”

Presented by:

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# Mr. Rogers



This morning, we will talk about:

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

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



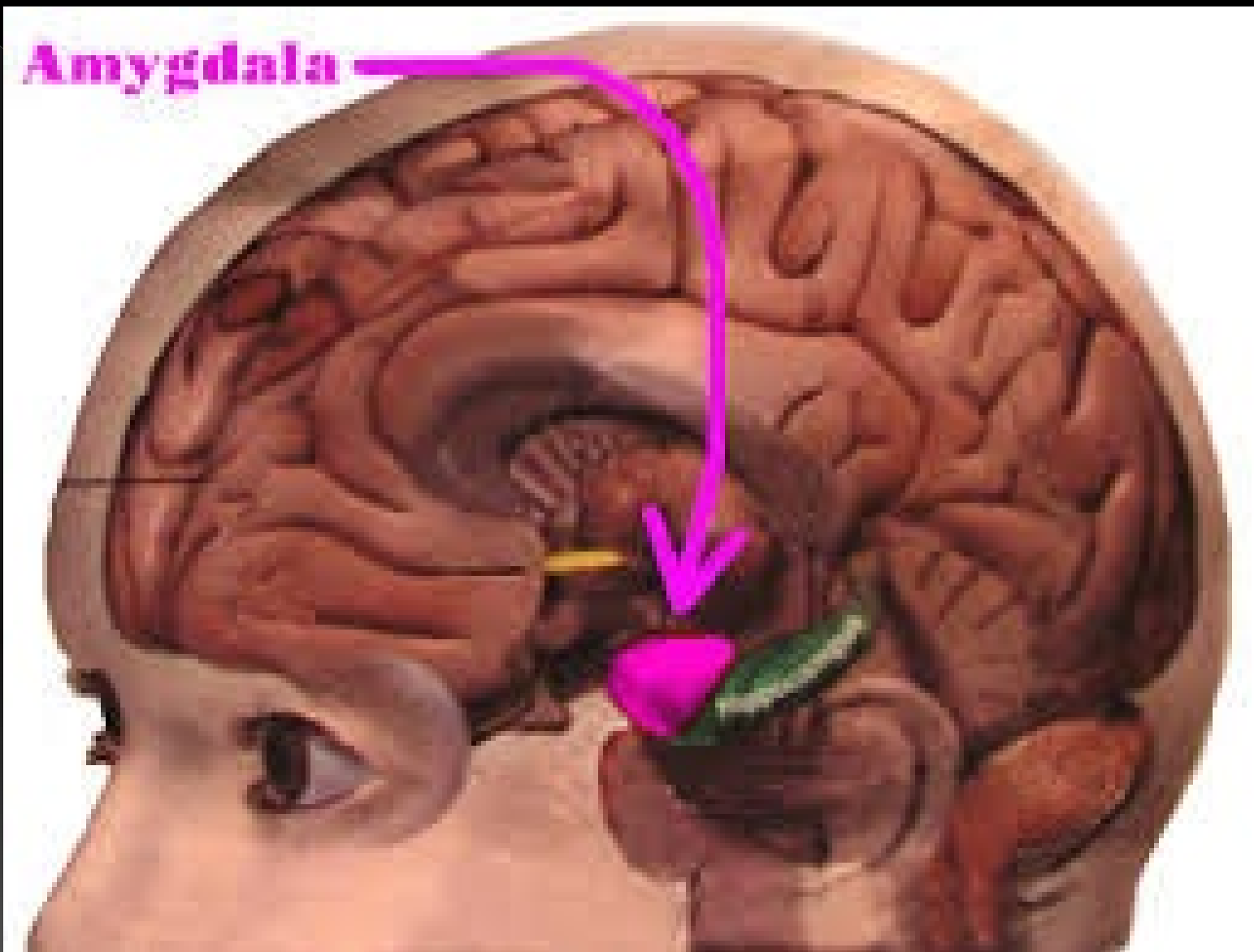
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# Remaining calm & neutral

It's about the brain!

Children's brains and adult brains are different.

Amygdala



# 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

## Afternoon Routine



Unpack Backpacks



Change Clothes



Do Homework



Play



Chores



Dinner

# 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!

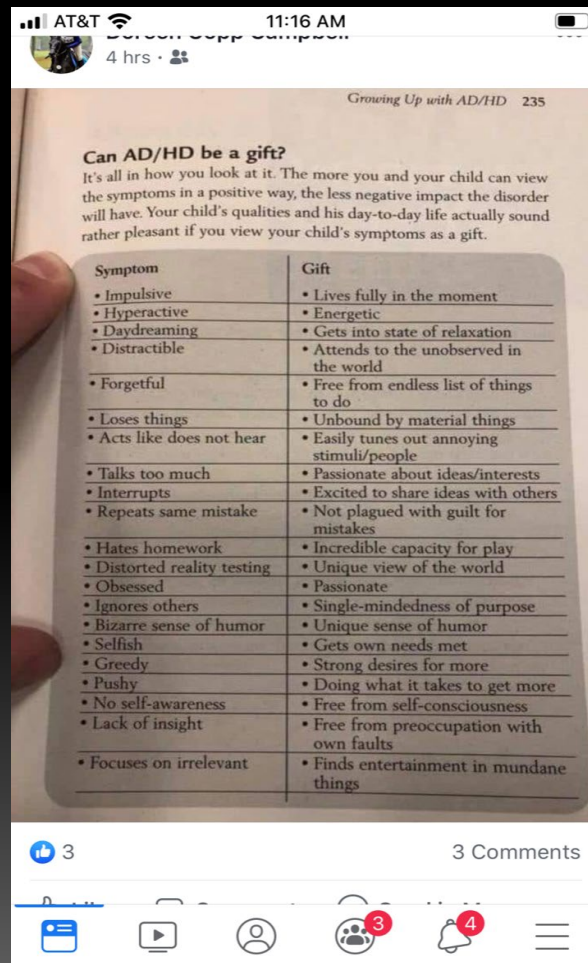


# More tools you can use:

- ◎ “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



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

Thank you for coming!!!