

## The Top Ten Strategies for Parenting Children & Teens with Executive Function Challenges®

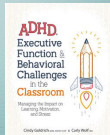
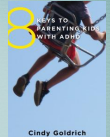
Presented by  
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## Cindy Goldrich, Ed.M., ADHD-CCSP

- Creator of *Calm and Connected: Parenting Children & Teens with ADHD/Executive Function Challenges*® offered nationwide (available in several languages)
- Author
  - *8 Keys to Parenting Children with ADHD*
  - *ADHD, Executive Function & Behavioral Challenges in the Classroom: Managing the Impact on Learning, Motivation, and Stress*
- Teacher Trainer and Consultant
- ADHD Parent Coach Trainer
- Speaker, Writer, Avid learner
- Ed.M. from Columbia University, Teachers College
- Certified ADHD Coach



*I thank each of you for being here today!*



### Objective:

To provide an overview of the challenges of parenting children and teens with Executive Function Challenges.

Please feel free to ask your questions during my presentation.

## 1. Understand How Executive Functioning Impacts Learning and Emotion

The Executive Functions are a set neurologically-based skills that have to do with managing oneself and one's resources in order to achieve a goal.

The Executive Functions manage how you DO what you intend to do.

The brain's control center that orchestrates resources like memory, language and attention to achieve a goal.

- ▶ Located primarily in the Prefrontal Cortex of the brain
- ▶ The last part to develop
- ▶ Typically fully developed by 25 - 30 years of age

## ADHD - THE BASICS AND BEYOND

### What do you think of when you hear ADHD?

ADHD is a complex neurobiological condition

ADHD is highly hereditary

Approximately 9.4% of school age children and between 2 - 4% of adults have been diagnosed with ADHD (CDC 2016)

85% of adults with ADHD are undiagnosed and would qualify for treatment

The debate is over  
and the truth about  
ADHD is clear



Mainstream medical, psychological, and educational organizations have concluded that ADHD is a real, brain-based, medical disorder, and that children and adults benefit from appropriate treatment.

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## THE ADHD ICEBERG: WHAT LIES BENEATH?

- Deficits in Executive Function Skills  
Up to 30% delay
- Deficits in Emotional Self-Regulation
- Under-stimulated brain when bored

Can't You Just Sit Still and  
Pay Attention???



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## DOES YOUR CHILD SPEND TOO LONG IN THE BATHROOM?



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### Strategy 1:

**Get fully educated about how  
Executive Function  
challenges Impact  
Learning, Motivation,  
Behavior, and the WHOLE  
family system**

## 2 - DIAGNOSIS AND TREATMENT

### Proper Diagnosis

- Why it matters?
- Who can diagnose?
- What is involved in the diagnosis?

### What makes up the treatment plan?

- Medication?
- School Accommodations/Modifications
- Therapy?
- Coaching?
- Parent Education!

## 3 - YOUR PERSPECTIVE

- disability Perspective
- See the strengths, not just the weaknesses
- See the world through your child's eyes
- Unconditional love to offset the reprimands and reminders of their challenges
- "Parent the Child you Have"

## 4 - PARENTING SKILLS

- Logic doesn't work
- Extra love doesn't do it all
- Patience is crucial - but still not enough
- Strictness and rules won't solve the problems



**Specific**  
Tips  
Tools  
Strategies  
Knowledge



## 5 - HOME ENVIRONMENT

Life in their heads is often chaotic and messy  
They don't have internal sense of time and order

- They need a calm environment
- They need structure and consistency to reduce the stress and chaos
- They need support at the Point of Performance
- They will look to test the limits - so make sure you have them!

## 6 - YOUR CHILD'S LENS

- What do they know about ADHD and Executive Function?
  - Teach them about the brain
- How do they feel about having challenges??
- How is their self care?
  - Nutrition, Exercise, Sleep
- What is their role in their treatment?
  - Do they know how do they learn best?
  - Do they know their rights?
  - Can they advocate for themselves?
- Do they see their own interests/talents and passions as gifts and possibilities to be nourished?

## 7 - FAMILY BALANCE

- Your marriage and family relationships
- The other children in the family
  - Impact on them
  - Special time with them
- Your self care
  - Nutrition, Exercise, Sleep
  - Emotional wellbeing
  - Nurture friendships and interests

## 8 - SCHOOL CONNECTION

- Never go alone to school meetings
- Keep accurate records
- Work with, not against, teachers
- Appropriate Accommodations
- Include your child's insights and concerns in the plans

## 9 - CIRCLE OF SUPPORT

It truly takes a village!

You are the Chief and Head Coach!  
You are responsible to develop the best staff and team!  
(But even you need support and resources...)

Make sure everyone is working together and informed to help your common goal:

Raising a resilient and confident child!

## 10 - PARENT THE CHILD YOU HAVE!

- **You know your child best.** Trust your instinct, your inner voice.
- **Your child knows themselves, too.** Believe their experience as real for them.
- **Pay attention to their gifts, talents, and passions.** These are the key to helping them stay confident, optimistic, and motivated.
- **The challenges they have are real.** Know that intelligence and potential do not always help them *in the moment*.
- **Help them accept and embrace support services.** Different is never easy, and we all need help sometimes to be our best selves.

It's all about the relationship...

The greatest impact parents can have on their children is to help them understand what is truly getting in the way of meeting their goals, and providing them with the knowledge, tools and strategies to succeed - in school, at home, socially... *IN LIFE!*

Parent "training" has been identified as the most important variable in helping children with learning and behavioral challenges thrive.

## THE VALUE OF PARENT COACHING 20

Love, intuition, and logic don't always help parents defuse, support, or manage the challenges of parenting a complex child. Parent coaching will help you:

- Understand the social and emotional impact that ADHD/ Executive Function challenges have on learning, motivation, behavior, and the whole family system
- Develop communication skills to get kids talking and help ensure that they truly understand your message and concerns
- Establish rules and clear boundaries that encourage growth and are not just triggering.
- Create meaningful consequences that build skills and are not merely punitive
- Reduce the stress and chaos to bring calm and warm connection to the whole family
- Help parents work together based on common understanding and create joint pathway forward

### JOIN THESE HIGHLY ACCLAIMED WORKSHOPS AND GET THE SUPPORT YOU DESERVE

**CALM & CONNECTED: Parenting Children  
& Teens with ADHD and Executive Function  
Challenges®**

**7 Session Parent Workshop Series**

#### Learn tools & strategies for...

**Session 1** - ADHD/ Executive Function Challenges: The Social & Emotional Impact of on Learning, Motivation, Behavior, & the Family System® [See Details]

**Session 2** - Remaining Calm & Connected

**Session 3** - Improving Communication

**Session 4** - Encouraging Collaboration

**Session 5** - Achieving Clarity & Consistency

**Session 6** - Effective Consequences

**Session 7** - Making Better Choices

#### **ADHD/ EXECUTIVE FUNCTION CHALLENGES:**

The Social & Emotional Impact on Learning, Motivation, Behavior, & the Family System  
(Session 1 of CALM & CONNECTED. May be taken separately)

#### This workshop will help you make sense of:

- Why it is so hard for your child to behave as expected
- What makes following directions and consistency of behavior so challenging
- Why concepts like organization and time management seem to be learned, but not followed
- How using rewards and punishments often create more problems than they solve

**You are never alone on this journey!**

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