

5 Principles for Parenting a Child with ADHD

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What is ADHD?

How is ADHD diagnosed?

What causes ADHD?

How does ADHD affect behavior?

What is ADHD?

Attention Deficit/Hyperactivity Disorder is a brain-based disorder that causes inattention, hyperactivity, and impulsivity at a level that exceeds expectations based on age and gender

Inattentive Symptoms

- Lack of sustained focus
- Easily distracted
- Leaving tasks unfinished
- Procrastinating
- Losing things
- Forgetful
- Trouble listening
- Disorganized
- Rushing and careless mistakes

Hyperactive/Impulsive Symptoms

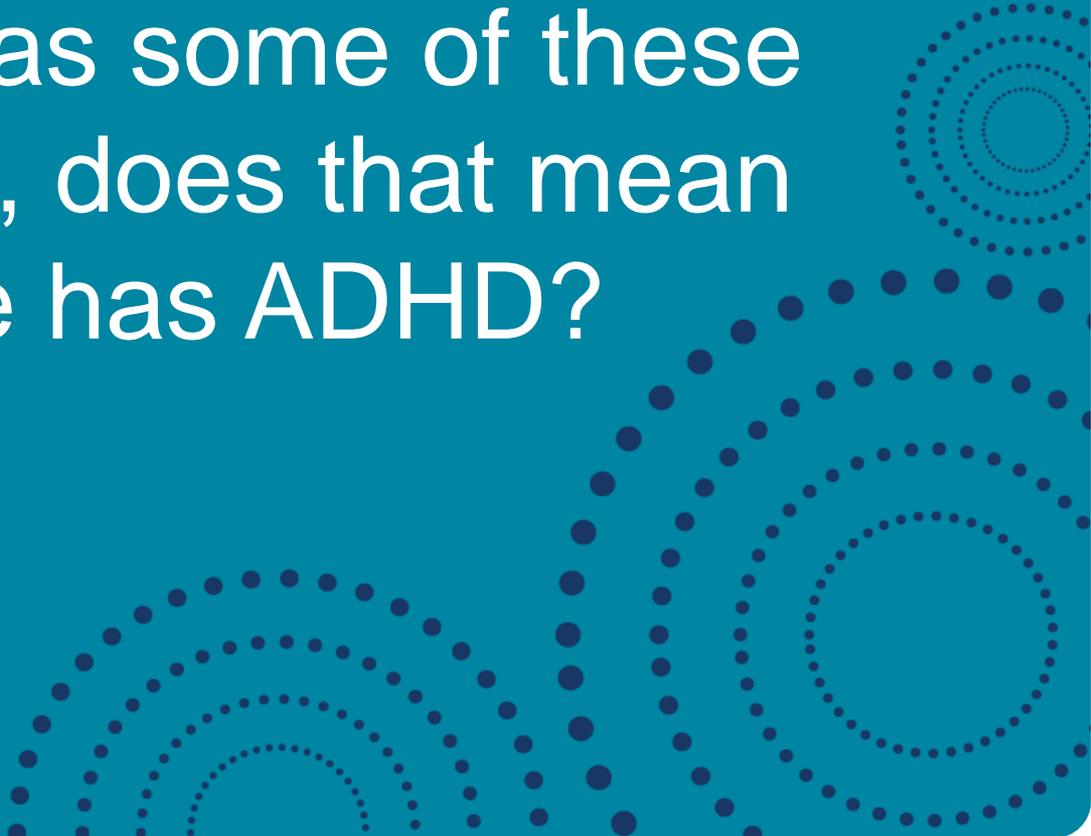
Hyperactivity

- On-the-go, high energy
- Fidgeting
- Climbing/Restless
- Excessive talking
- Loud

Impulsivity

- Blurting things out
- Interrupting
- Trouble waiting

If a child has some of these symptoms, does that mean he/she has ADHD?



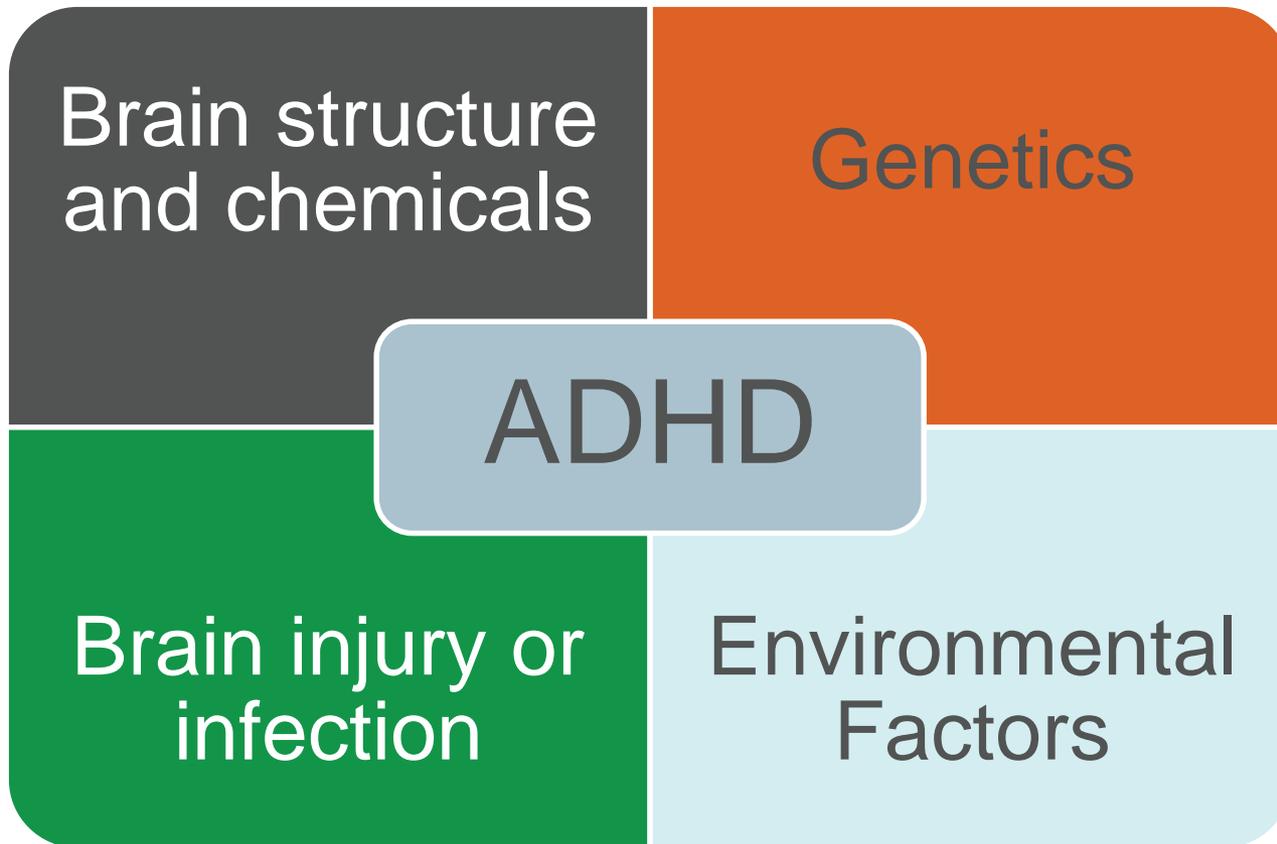
DSM-5 Diagnostic Criteria

- More symptoms than average
- Symptoms present in childhood
- Consistent for at least 6 months
- Symptoms present in two or more settings
- Cause **significant** impairment in functioning
- Are not better explained by something else
 - Life stress or transitions
 - Other mental health problems: anxiety, depression
 - Medical condition

Impact on Functioning

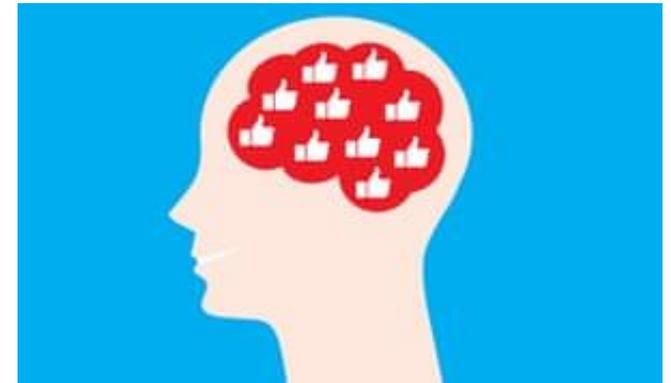
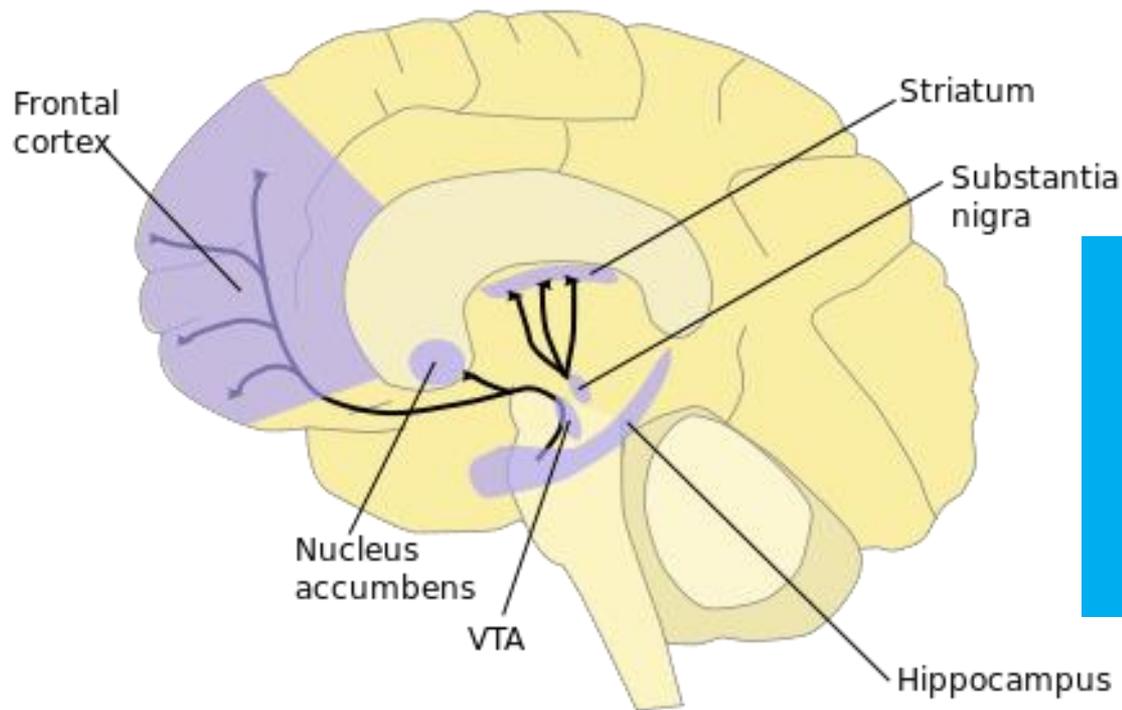
- Completing daily tasks
- Listening and communicating with others
- Low academic productivity
- Distractible and off-task in class
- Impulsive or distracted in social situations
- Academic skills problems

Causes of ADHD



Bierderman & Faraone, 2005

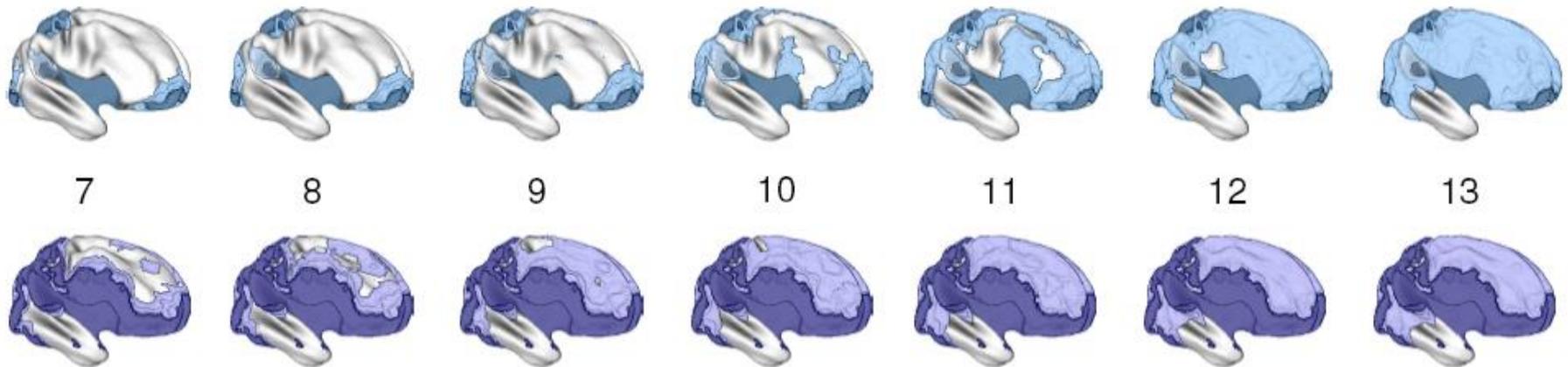
Brain Differences



Structural and functional differences in basal ganglia and frontal lobe, dopamine regulation

Delayed Frontal Lobe Development

ADHD



Typically developing controls

Figure 1b: right lateral view of the cortical regions where peak thickness was attained at each age (shown age 7 through 13). Again, the delay in ADHD group in attaining peak cortical thickness is apparent.

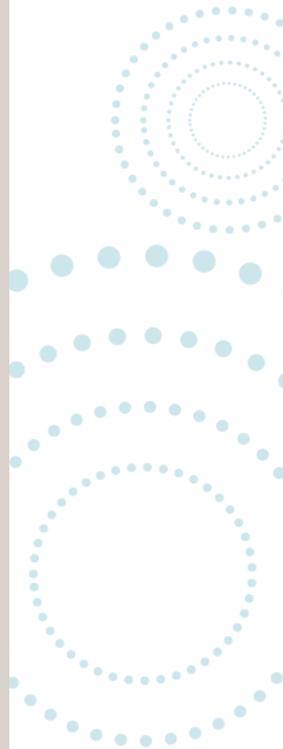
What Can an Evaluation Do?

- Provide explanation for difficulties
- Create a treatment plan
- Help others understand
- Inform school resources or planning
- Give access to accommodations or services

Helping Kids with ADHD

Why do kids with ADHD need different parenting strategies?

The Window on Time





Children with ADHD need MORE....

5 Principles

- More positive
- More planning
- More feedback
- More reward
- More practice

More Positive

- 3:1 Positive to negative interactions
- Catch 'Em Being Good
- Catch 'em while they're still on task
- Spend special time
- Support child's interests and talents



More Planning

- What situations are likely to go awry?
- What helps your child be more successful?
- How can I make expectations more clear and specific?
- Who else can help support my child?



More Feedback

Immediate

Frequent

Specific

Balanced

Consistent

Meaningful

More Reward

- Link fun things to boring things



More Practice

- Which skills is your child lacking
- Model and “narrate” how you use these skills
- Show instead of do
- Role play
- Set up natural opportunities



PEARL Clinic: Program to Evaluate/Enhance Attention, Regulation, and Learning

Outpatient psychiatry specialty service focused on ADHD, learning disorders, and related concerns



- **Assessment**
 - Primary care referral
 - Comprehensive diagnostic evaluations for ADHD
- **Behavioral Treatment**
 - Behavioral Parent Training
 - Incredible Years Parent & Child Groups
 - Research Studies

Summary

- ADHD diagnosis helps us understand child difficulties
- Brain-based differences in processing
- Increase structure and support to help kids with ADHD learn





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