Welcome to…

“Strategies for the ADHD Brain”

Presented by:
Angie Antoniak, LCSW-C
AACPS School Social Worker
afox-Antoniak@aacps.org
"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
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.
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

**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

Can AD/HD be a gift?

It’s all in how you look at it. The more you and your child can view the symptoms in a positive way, the less negative impact the disorder will have. Your child’s qualities and his day-to-day life actually sound rather pleasant if you view your child’s symptoms as a gift.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Gift</th>
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<tbody>
<tr>
<td>Impulsive</td>
<td>Lives fully in the moment</td>
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<tr>
<td>Hyperactive</td>
<td>Energetic</td>
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<tr>
<td>Daydreaming</td>
<td>Gets into state of relaxation</td>
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<tr>
<td>Distractible</td>
<td>Attends to the unobserved in the world</td>
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<tr>
<td>Forgetful</td>
<td>Free from endless list of things to do</td>
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<tr>
<td>Loses things</td>
<td>Unbound by material things</td>
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<tr>
<td>Acts like does not hear</td>
<td>Easily tunes out annoying stimuli/people</td>
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<tr>
<td>Talks too much</td>
<td>Passionate about ideas/interests</td>
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<tr>
<td>Interrupts</td>
<td>Excited to share ideas with others</td>
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<tr>
<td>Repeats same mistake</td>
<td>Not plagued with guilt for mistakes</td>
</tr>
<tr>
<td>Hates homework</td>
<td>Incredible capacity for play</td>
</tr>
<tr>
<td>Distorted reality testing</td>
<td>Unique view of the world</td>
</tr>
<tr>
<td>Obsessed</td>
<td>Passionate</td>
</tr>
<tr>
<td>Ignores others</td>
<td>Single-mindedness of purpose</td>
</tr>
<tr>
<td>Bizarre sense of humor</td>
<td>Unique sense of humor</td>
</tr>
<tr>
<td>Selfish</td>
<td>Gets own needs met</td>
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<tr>
<td>Greedy</td>
<td>Strong desires for more</td>
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<tr>
<td>Pushy</td>
<td>Doing what it takes to get more</td>
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<tr>
<td>No self-awareness</td>
<td>Free from self-consciousness</td>
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<tr>
<td>Lack of insight</td>
<td>Free from preoccupation with own faults</td>
</tr>
<tr>
<td>Focuses on irrelevant</td>
<td>Finds entertainment in mundane things</td>
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</table>
What did you learn today that you would like to try at home?

Thank you for coming!!!