

'Understanding and connecting with your children' what has worked for you as a parent?

- pressing the pause button, being flexible, accepting the situation.
- Stopping and listening. Not just nodding while doing something else.
- Investing in rest and sleep hygiene, including getting a melatonin prescription and making sure our daughter gets to sleep at a reasonable time. Being flexible around homework, school attendance, and attendance at family events. Allowing our daughter flexibility around what she eats provided she is getting a balanced diet.
- having chats with my daughter in the car when I'm driving and she's in back seat, she seems more willing to share in that scenario.
- Listening to them, not following traditional parenting rules, reducing demands based on each day's requirements.
- Games such as Uno really help in chatting to our son.
- the diagnosis has made me more understanding of her needs.
- Listening and being calm letting her be heard - giving one to one time.
- Letting shit go, stressing less about stuff getting done.
- when they have an issue, breaking their experience down to identify the route of the issue or trigger, lead them with very specific questions with two options to choose from, the next question takes its lead from that, again using same two answer options format.
- Did a father daughter holiday together. Incredible experience. Regulated throughout. Was like a breath of fresh air after a tough 12 months.
- For my daughter who is 16 and has ASD, giving her space on her own when she needs it. For my very strong willed 10 year old son (believe he may have ADHA), when asking him to do a task, giving him 2 options, e.g you can brush your teeth in the main bathroom or the ensuite.
- Doing things together-kayaking, cinema, cycling. Compassion and Understanding.
- Patience!! Communication and filling the house with sensory seeking tools, bean bag, pull up bar, balance boards, led lights.
- Understanding that I need to connect to myself and self sooth in order to connect with my child. Don't do enough of this. We do a lot of play time thought.
- I find a calm approach works for us. Also hugs when he is upset. I find too much discipline doesn't work but routine does work.
- Asking her various questions to try and understand what is going on in her head.

What resources have you found useful? (e.g. groups, books, websites, social media accounts...)

Social media really has helped me. And podcasts

Groups, podcasts, webinars, books, other parents

adhd ireland, additude magazine, neurodivergent insights

Following a few accounts on social media: dr.siggie, Calm Parenting Podcast, the family behaviorist, Dr Becky

Occupational Therapy

Learning from family members who are ND, shared some articles and experiences

Barnardos website Parents Plus Courses

ADHD doers is good

Asiam resources very helpful.

websites, online courses

self research on linkedin, neurodiverse groups (via linkedin)

Smart but Scattered book

parentline.ie Online course for parents dealing with high aggression and or violence: NVR Parenting

Play Therapy has really helped our son.

Some websites and some YouTube videos