

'Managing challenges and problems' what has worked for you as a parent?

- pressing the pause button, being flexible, accepting the situation
- The pause button concept is so simple but hugely powerful!
- Low Demand Parenting, i used to try to get our son to do everything we asked. Now i pick 2-3 things and gently build on this daily
- Listening more and talking less for us it's very important she is heard and validated. Patience and keeping calm and if need be walk away and say I need 10 minutes and come back fresh.
- Flexibility is definitely key. Finding more moments to connect through their interests, draughts, fishing and gaming , cooking , swimming Using these as a form of co- regulation seems to reduce the meltdowns as seems to build more trust. That said, it is challenging to find the energy and time.
- Car talks, spending time together, working on the "pause button", looking closer at ADHD behaviour vs age appropriate behaviour (pre teens)

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

- Books about the lived experience for autistic people such as Untypical (Wharmby, though probably more useful where ADHD is involved with autism). He engaged with Aslam meetups once or twice but didn't get too much from them unfortunately (not a reflection on Aslam), "therapy" sessions with a couple of friends in similar boat.
- Neurodiversity Ireland, Polyvagal Theory (simplified book) finding ways to stimulate vagus nerve to get back to rest and digest mode, Dr Naomi Fisher courses on Low Demand Parenting, A parents guide to High Functioning Autism Spectrum Disorder, The Reason Why I jump(David Mitchell), Uniquely Human (Barry M Prizant), Avoiding anxiety in Autistic Children Book (Dr Luke Beardon)
- Various Podcasts
- Did more research on topics, ADHD Ireland is very good. Started looking for OT assessment, got recommendations from school.