

Parent Suggestions Session 1

Ideas For Understanding and Connecting with Your Children:

- Knowing that my daughter has ADHD has made us more understanding of her. We do still lose our patience but we try our best!
- Schedules, explanations for the whys of requests, planning less things in the day.
- Knowing that when she comes looking for a hug that is a signal that she needs our support.
- Involving her in what I'm doing.
- Don't rush them, reconfirm that you are there for them, then do something they want to do [that is non-destructive].
- Being patient and helping them build self-confidence. Learning about random things that they currently like. Listening to music with them and going to see their favourite artist in concerts with them.
- Going for a walk with the dog is nice.
- Listening to insights from other parents ,reading ,neurodiversity online supports ,working on my own personal growth and being kind to myself,...Pressing the Pause button!

What Resources Have You Found Useful?

- I also did the Parents Plus course 2 years ago.
- Understood website
- ADHD Ireland support groups
- OT
- Neurotribes , CTYI, asiam, thinkingautismguide.com
- Asiam
- Multiple books on autism in adults, raising autistic kids, OCD books, anything that gives more information. The more info I have the easier things and behaviors are for me to understand .
- ADHD Ireland
- Extremely supportive and positive resources via Neurodiversity Ireland