

Parent Suggestions Session 2

'Managing Challenges and Problems' what has worked for you as a parent?:

- What has worked before may not work the next time we're still finding our way and winging it at the moment. If emotional, listening comfort and then some exercise helps. For the hyperactivity and sibling argument still working through it.
- not to answer straight away, ask for time to think about stuff trying different tactics for each child as not one thing works for both children.
- empathy, helping them understand consequences of their actions , assuring them of our love irrespective.
- Since our sons autism diagnosis we have laid off him in terms of getting his homework done and agreed with him he has an hours down time when he gets home (he usually goes on his phone) and it has worked well.)
- Changing schools to a more child centred school; being calm and understanding especially when in difficult situation; postponing conversation until everyone calm; coming back to it later; showing love and support by pats on the back, kind or appreciative word, making their favourite food, relaxing expectations, leaving time for them to relax.
- Remembering that my son has a condition, and isn't necessarily 'playing up'. Responding with empathy when difficult issues arise. Being more patient.

What resources have you found helpful?

- groups
- Gabor Mate books paperback scattered mind
- talking it out with therapist and reading educating myself.
- letting go of how I was brought up and ignoring family advise
- Neurotribes , ASIAM
- ADHD Ireland talks