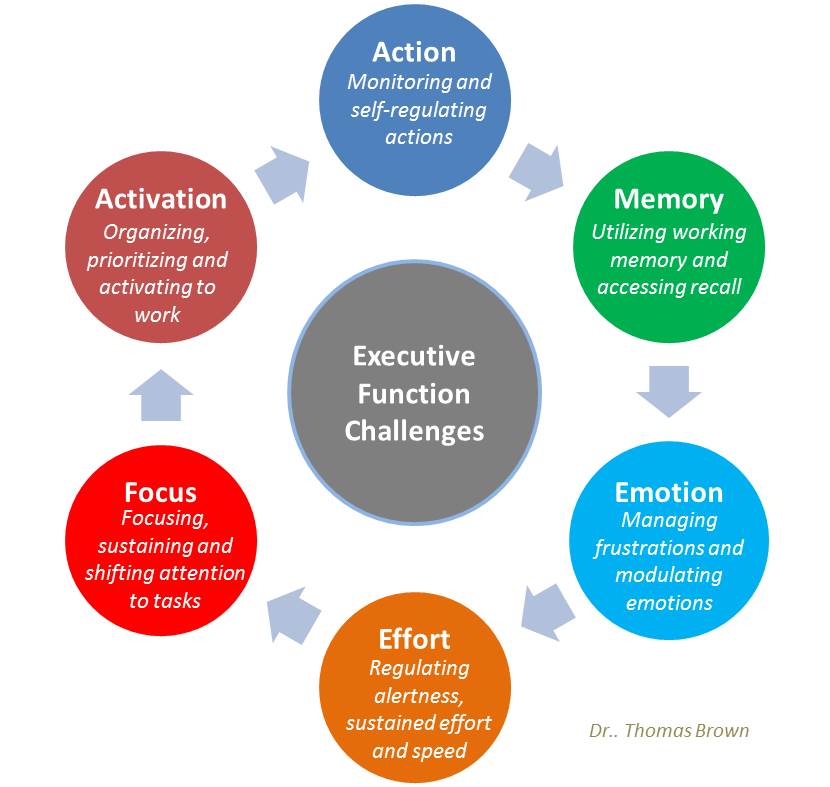
**Beyond the Diagnosis: Getting to Know the ADHD Brain**

***Presented by: Katelyn Mabry- Author of the children’s book, “Hi, It’s Me! I have ADHD,” Speaker, Educator, Reading Specialist, ADHD Advocate***

**“The best choice I ever made was to build a relationship with my child’s ADHD!” ~Anonomous**

**What is Executive Function and how does it relate to ADHD?**

[](https://www.google.com/url?sa=i&url=https%3A%2F%2Fcogx.info%2Fexecutive-function%2F&psig=AOvVaw0NAGe6HZWs49M6gc-Tepsx&ust=1581868822993000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjw4ef20-cCFQAAAAAdAAAAABAh)

**These are the areas that we see the most struggle, because often there is a difference of up to 3 years in the development of these skills when looking at the ADHD brain.**

**EVERY child is different…take a minute to look at these different areas and circle the ones that speak the loudest into your child’s challenges…**

**Note the tools and strategies you have already tried using in the areas of struggle and star those that you need help knowing where to start…**

**Here are some key pieces to put into place…**

1. **Develop organizational strategies/tools with your child:**

**(Working memory, activation, effort, and focus)**

* **Help them create a place for everything**
* **Develop a Schedule with the child**
  + **Color coding/Label things**
  + **Checklists (written or visual pics)**
* **Have your child repeat what the expectation is…**

***The homework struggle is real…***

**A-ddress the struggle and put a name to it**

**B-reak down task into manageable parts**

**C-over what is not being worked on**

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1. **Develop an active lifestyle for the active brain:**

* Schedule exercise breaks into your daily routine
* Be mindful of their exercise needs…consider time of day, type of exercise and change it up to keep child’s interest.
* “There are calming exercises that slow the system and can have tremendous benefit,” said Nancy Konigsberg, MA, an occupational therapist specializing in pediatrics in N.J. “For example, there are [yoga programs designed to help calm children with ADHD](https://www.everydayhealth.com/adhd/bending-energy-adhd-kids-benefit-from-yoga.aspx) and allow them to focus better.”



1. **Develop coping methods with each child:**

**4 B’s:**

* **B**eaware of needs (i.e. fidget, sensory input)
* **B**reaks from Busyness
* **B**reaths to calm body and mind
* **B**lanket mind with positive thoughts
  + Continually working on developing a positive mindset is key

A picture containing box, room

Description automatically generated

1. **Emotional Regulation**-

* We have the same emotions, but just feel with more ***INTENSITY***…

(<https://chadd.org/adhd-weekly/rejection-can-more-painful-with-adhd/>)

What can we do?

**G**ive the emotion a name

**I**dentify the trigger

**V**oice the feeling and practice the pause

**E**ducate your mind on turning to gratitude

1. **Friendships/Relationships**-

* Sometimes it feels like other kids don’t understand…

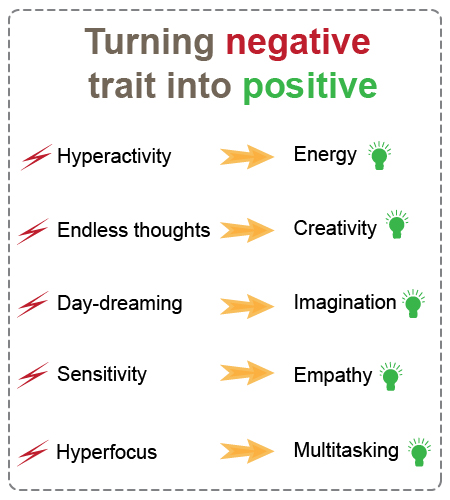
(<https://www.additudemag.com/help-your-child-make-friends/>)

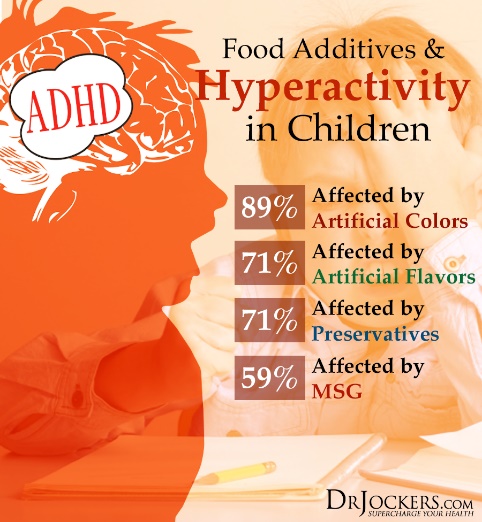
* Find ways to help facilitate friendships.
  + Plan play dates, meet kids at a park, etc.
* Get your child involved in team sports or group activities.
* Practice ways to appropriately interact with and talk to peers.

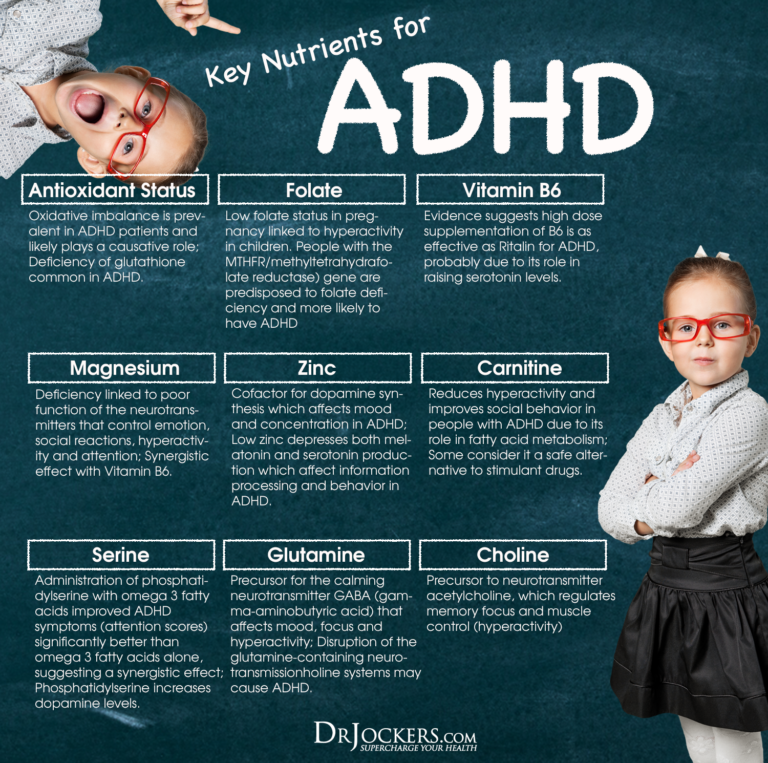
**Here is a guide to help with the process of studying at any grade level…**

* **A**lways plan a study schedule so they know what to expect
* **D**etermine best time of day to study
* **H**ave breaks implemented early and often
* **D**evelop ways to include your child’s strengths and interests
* **I**ncorporate fun and a reward system for working so hard
* **S**tudy with them at different angles until they understand concepts
* **A**n acronym can be used to help remember the tough stuff
* **G**ive tips on how to find answers in a storybook/textbook
* **I**llustrate the use of color coding to recall different concepts
* **F**orm a fun practice test after studying
* **T**ake time to praise the study efforts of your child!

**“ADHD is not a disability, it’s a different ability!”**

[](https://www.google.com/url?sa=i&url=https%3A%2F%2Flifesaveressays.com%2Fadhd-obstacle-writing-career-answer-may-surprise%2F&psig=AOvVaw0_fi2OjoxwgeChPTKUljVq&ust=1581869640120000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNjKwOj50-cCFQAAAAAdAAAAABAD)

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www.drjockers.com/adhd