



# ADHD and Learning Differences Program

## **Understanding and Managing ADHD:**

### ***A Group Program for Parents of Children Ages 6-12***

#### **What is the purpose and goal of this program?**

Parenting a child who has Attention Deficit Hyperactivity Disorder [ADHD] can be quite challenging. Research shows teaching parents about ADHD and how to appropriately use behavior management principles can be an effective component in the successful management of ADHD, either alone or in combination with medication management. Such training can result in not only improved child behavior, but also improved parent-child interactions and reduced stress for the family.

Our program gives parents an up-to-date understanding of ADHD and its impact on their child's behavior and teaches them specific strategies to address the most common problems children who have ADHD experience. Parents also learn how to be successful advocates for their child. The goal of our program is to empower parents to manage their child's ADHD more effectively and to help their child succeed.

#### **What is involved in attending this program?**

This program consists of eight 90-minute group sessions which are held on the same day each week. Parents of no more than 8 to 12 children (varies by location) are enrolled in a particular group.



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## Who is this program designed for?

The strategies taught in this program are appropriate for use by parents of children diagnosed with ADHD (any presentation) who are 6 to 12 years old.

## Will my child be directly involved in this program?

Your child *will not attend the parent group sessions*. Because of their problems with attention, organization, working memory, and impulsivity, children with ADHD find it hard to manage their own behavior. Even when they know what to do, they may not be able to reliably do it. Therefore, we work with parents to teach them strategies they can use in their day-to-day lives to help their child be more successful at home, at school, and in public.

## What are the topics covered in the parent group?

- Understanding ADHD and its impact on a child's day-to-day functioning
- Principles to guide the effective management of ADHD
- Using positive attention to promote desired behaviors
- Promoting child compliance to instructions and rules
- Prompting and promoting desired behaviors
- Structuring Homework for success
- Working with a child's teacher to address problems in the classroom
- The appropriate role of punishment in managing ADHD-related behaviors
- Managing child behavior in public places
- Maintaining positive change over time

## Will my insurance pay for this program?

Yes, most health plans that cover *multi-family group therapy* services will pay, with families responsible for any deductible or co-payment. After you sign up, a patient representative will contact you with information about your insurance coverage.

## When and where is this program being offered?

We offer this group program throughout the year at the Takoma Theatre location. Due to COVID-19, our groups are currently conducted on Telehealth (Zoom). Contact [ADHD@childrensnational.org](mailto:ADHD@childrensnational.org) for more information about signing up for the next group.



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