



BUSTING THE ADHD STIGMA

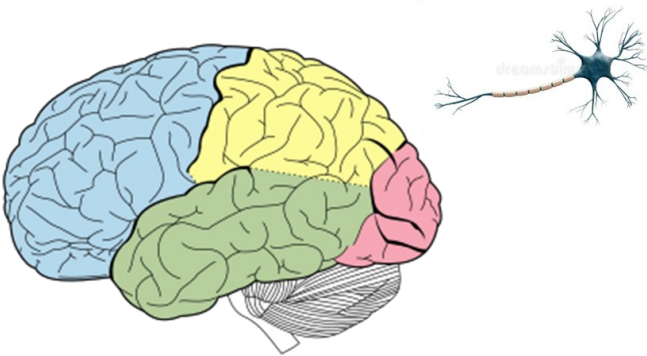


SUPPORTING FAMILIES • TRAINING TEACHERS

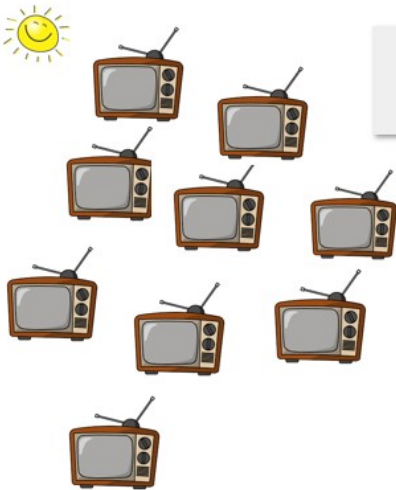
## PARENTS WORKSHOP

I: What is ADHD?

# Attention Deficit Hyperactivity Disorder



BRAIN IS SEEKING DOPAMINE, SEROTONIN + NORADRENALINE

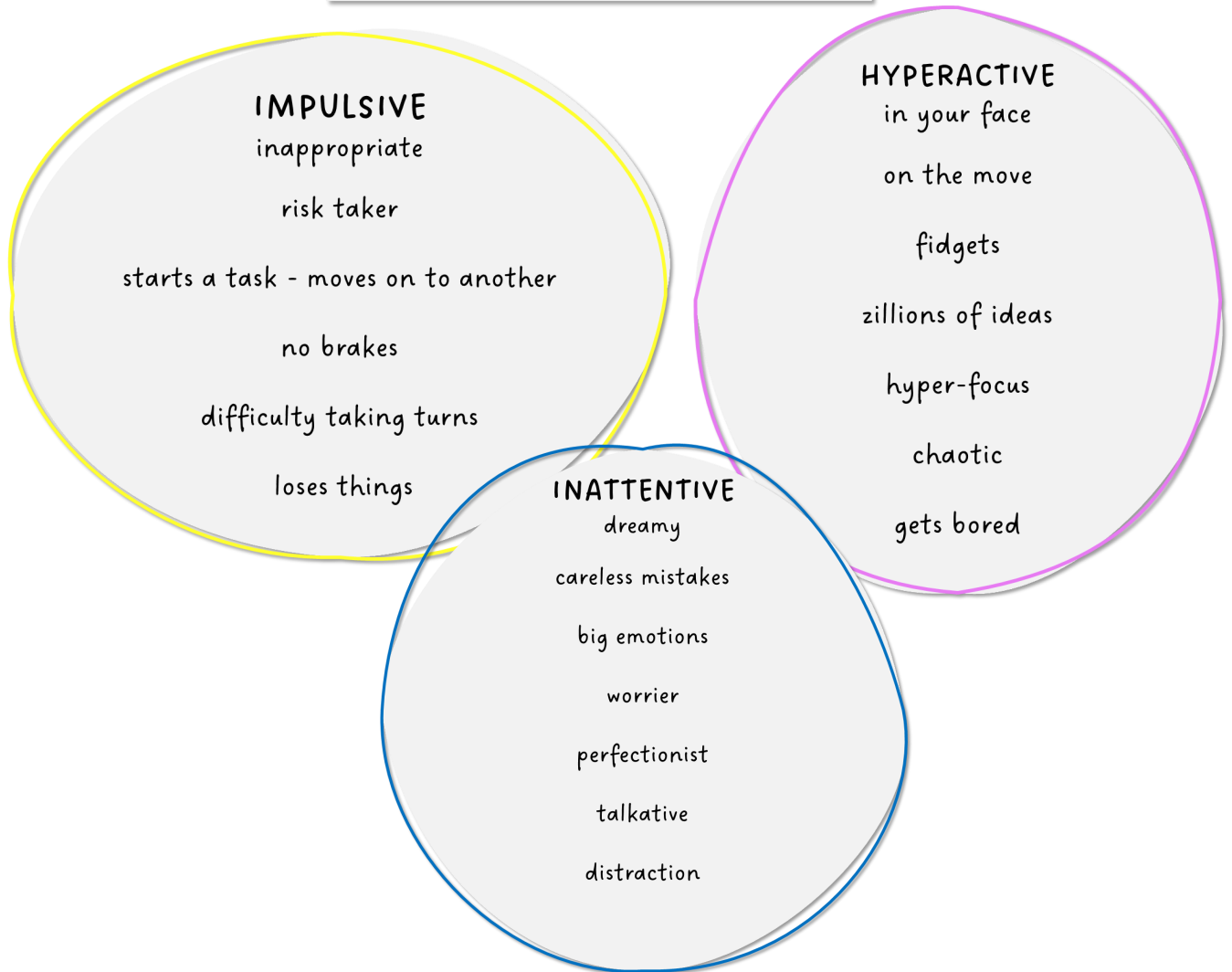


An ADHD brain



NOT A DEFECIT OF ATTENTION - TOO MUCH ATTENTION

## The main 3 features:



## Executive Function Challenges






# Sensory Difficulties

SENSORY *seeking* - V - SENSORY *sensitive*



hypervigilant - V - overwhelmed




observant - V - lights, distractable



need to chew - V - fussy eater



calming, fidget - V - labels



distracted - V - overwhelmed

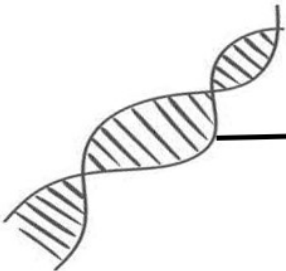
Only a problem if it's a problem

Significant difficulties



Go to GP to go on waiting list

Keep diary + video evidence



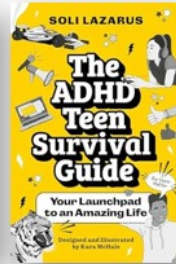
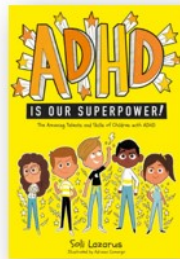
**HIGHLY GENETIC**

## II: How to support your child

Aim



Empower your child to know about ADHD and express what they need



Traditional Parenting

Throw out the rule book





# 5 Point Plan - Star To Success

Behaviour strategies

Sleep



Exercise

Diet

Medication



## Behaviour strategies

Be consistent



Create safe, nurturing environment

Discuss away from your child

Educate the whole family



## Diet

Protein rich diet

Omega 3  
supplement



Breakfast really  
important

Avoid sugary  
food

Grazing meals

Zinc, Iron +  
Magnesium



## Exercise

Releases  
needed  
chemicals

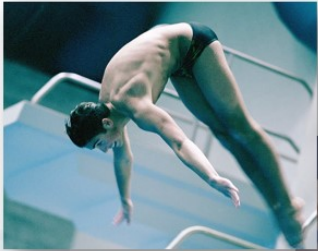
Go outside to  
calm down



Never miss  
breaktime at  
school

Walk + talk

Maybe not team games



Sleep



Calm activities

Switch off 1 hour



Cool room



Routine

Calm busy brain



Audio book, white noise, ASMR



# Medication

ADHD brain lacks chemicals



Medication stimulates the neurons that fire up the missing chemicals



Psychiatrist to prescribe

Benefits

Side effects

No reports of long-term effects

## III: Strategies to use at home

### Organisation



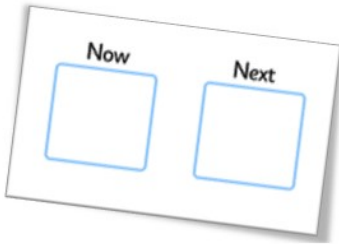
Break down tasks



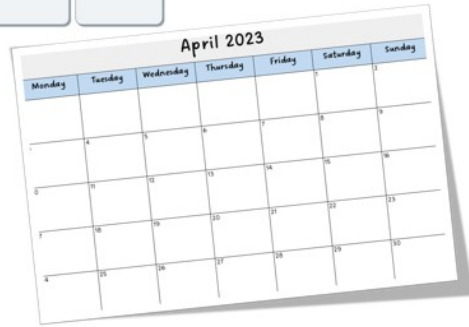
HyperJar



# Time Keeping



Will not learn from mistakes



# Screens

Feel successful

Role model



Engage in the game

Charge outside bedroom

Check phone



Online safety

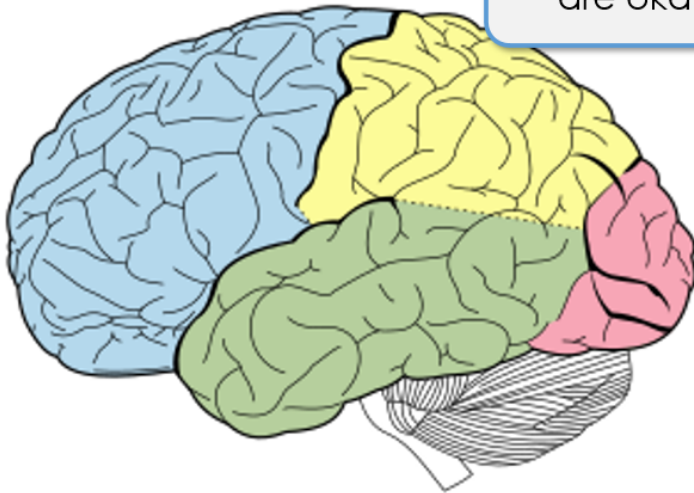
Agreed next activity

Visual reminders + timer to stop



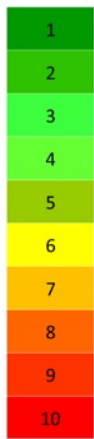
# Emotions

All emotions are okay



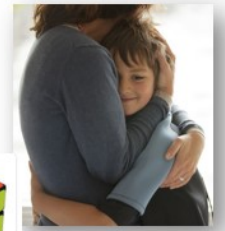
Heightened state

Amygdala  
Fight, Flight, Freeze



All emotions are okay

Listen more than talk



Calming strategies





Is it because:

- tired
- hungry
- sense of injustice
- rules
- friendships

~~Punishments~~

Do not punish at home for something at school

Make your child angrier

Rewards work better



If damage - agreed consequences



Calming strategies

Talk

Find win-win



Siblings

Educate about ADHD

Get them to work it out

Take seriously all feelings

Family games (is it going to work?)

Make it fair



Make time for each child

## Relationship



Vital

Come to you  
when there's a  
problem

You're in their corner

Spend time doing  
fun stuff

## Look after yourself



Every day

5 minutes

Treats

Date in the diary

LEARN TECHNIQUES HOW TO SUPPORT YOUR CHILD AT HOME

Join us



ONLINE ADHD TRAINING



EXCLUSIVE RESOURCES



INTERVIEWS WITH EXPERTS



MEMBERS ONLY GROUP



WEEKLY LIVE Q + As



REAL LIFE MEET UP GROUP



FREE CONSULTATION WITH SOLI

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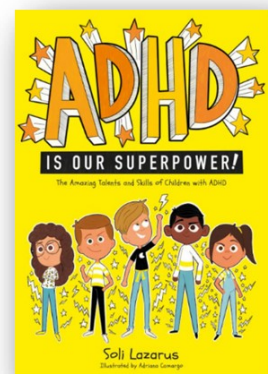
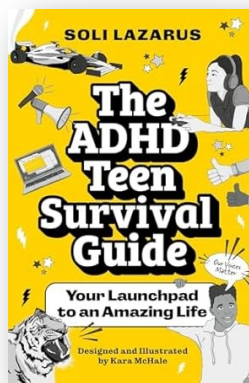
www.soli-lazarus.com



Yellow Sun Hub

Google  
Reviews ★★★★★

Soli Yellow Sun



Thank you



Soli

x