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Parenting with Distractions: Surviving Family Life When You AND Your Child Have AD/HD

A. Introduction

B. Facts

Statistics: Persistence of AD/HD into adulthood
Genetics of AD/HD
Separation and Divorce in AD/HD families

C. Common Symptoms of AD/HD Children and Adults

Procrastination, disorganization, impulsivity, daydreaming/inattentive, hyperactivity, doesn't live up to potential, hypersensitivity to stimuli, emotionally reactive, poor short term memory

D. How AD/HD Impacts Both Children and Adults

1. **Procrastination:** Children/late homework; Adults/late work projects
Adrenalin= stimulant
2. **Disorganization:** Children/messy bedroom; Adults/messy home
3. **Impulsivity:** Children/impaired social skills; Adults/over- limit credit line and overdrawn checkbooks
4. **Daydreaming/inattentive:** Children/poor grades; Adults/poor work performance
5. **Hyperactivity:** Children/out of seat; Adults/high risk behaviors
6. **Hypersensitivity to stimuli:** Children/over-reactive and meltdowns; Adults/Issues with physical intimacy; may self-medicate

F. Challenges of AD/HD Adults Parenting AD/HD kids

1. Procrastinating parent/homework issues
2. Disorganized parent/ disorganized child
3. Hyperactive parent/ impatience with child
4. Daydreamer parent/ connecting with child
5. Over-reactive parent/ over-reactive child
6. Hypersensitive parent/ coping with bustling, active home front
7. Guilt, anger, poor self-esteem (Why can't I be a better parent?)

G. Strategies for Raising AD/HD Kids if Parent has AD/HD

- **Accept differences**
- **Change expectations of yourself and your children**
- **Learn to forgive yourself**
- **Get support**
- **Use creative strategies**

1. Ask for help
2. Change expectations
3. Babysitters
4. Parenting classes
5. Don't listen to your sister
6. Treating the AD/HD
7. Homework help
8. Time outs- for you!
9. Simplify
10. Delegate
11. Quality time with child
12. See the positives
13. Re-charging
14. Professional Organizers and Coaches
15. Friends and relatives
16. Quiet time
17. Quiet zones
18. Messy zones
19. Meal time
20. Family meetings
21. Humor
22. Chores
23. Wipe-off board
24. Just say NO
25. A "home" for everything
26. Grocery lists
27. Remember the good
28. Health
29. Simplify meals
30. Rewards
31. Checklists
32. Pick your battles
33. Being consistent

H. Resources

Books

Women with Attention Deficit Disorder: Embracing Disorganization at Home and in the Workplace, Sari Solden, M.S., Underwood Books, 1995, (800) 233-9273. Audio tape available through Frontier Audio Publishing: (800) 975-0004

Journeys Through ADDulthood: Discover a New Sense of Identity and Meaning with Attention Deficit Disorder, Sari Solden, M.S., Walker and Company, NY, NY 2002

Moms with ADD: A Self-Help Manual, Christine Adamec, Taylor Trade, 2000

Taking Charge of ADHD, The Complete, Authoritative Guide for Parents, Russell Barkley, Ph.D., Guilford Press, 1995

Driven To Distraction, Edward Hallowell, M.D. and John Ratey, M.D., Pantheon Books, 1994

You Mean I'm Not Lazy, Stupid or Crazy?, Kate Kelly and Peggy Ramundo, Scribners, 1995

Organizing from the Inside Out: The Foolproof System for Organizing Your Home, Your Office and Your Life, Julie Morgenstern, 1998

ADD-Friendly Ways to Organize Your Life, Judith Kolberg and Kathleen Nadeau, Ph.D., 2002

Newsletters/Magazines

ADD Consults: ADDitional News free e-newsletter: Sign up at www.addconsults.com
Focus Magazine, ADDA (Attention Deficit Disorder Assoc.), 1788 Second Street, Suite 200, Highland Park, IL 60034 (847) 432-ADDA (2332), addaoffc@aol.com
Attention Magazine, CHADD (Children and Adults with ADD), (800) 233-4050
ADDitude Magazine, 800-856-2032, www.additudemag.com
The ADHD Report, Guilford Publications, (800) 365-7006

ORGANIZATIONS/CONFERENCES

ADDA (Attention Deficit Disorder Assoc), 1788 Second Street, Suite 200, Highland Park, IL 60034 (847) 432-ADDA (2332), email: addaoffc@aol.com
Website: www.add.org

CHADD National: 8181 Professional Place, Suite 201, Landover, MD 20785; 800-233-4050;
Website: www.chadd.org
For local chapters in Michigan, call the state hotline: 810-220-9060
LDA- Learning Disability Assoc.: 1-888-300-6710

ONLINE RESOURCES

ADD Consults: Online AD/HD e-Clinic
Terry Matlen, ACSW, Director
www.addconsults.com
email: terry@addconsults.com

ADDA: www.add.org
CHADD: www.chadd.org
Sari Solden: www.sarisolden.com
ADDitude: www.additudemag.com
ADD at About.Com: www.add.about.com

America Online: Keyword ADHD
Listserves: www.yahogroups.com (search, using AD/HD)

ADD CONSULTS

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My Top 3 Challenges

1. _____
2. _____
3. _____

Actions I've Taken

1. _____
2. _____
3. _____

What Worked/Didn't Work

1. _____
2. _____
3. _____

New Strategies To Try

1. _____
2. _____
3. _____

Notes