

# EMBRACING YOUR CHILD'S SUPER-POWERS



## SCHOOL TALK ON PARENTING CHILDREN WITH NEURODIVERSITY (ADHD): FOR PARENTS

- Understanding what ADHD looks like. Bust some myths of ADHD
- Discuss how ADHD looks for your child
- Review the science behind strategies to support parents with children who have ADHD
- Consider how ADHD affects your child's life
- Discuss your child's unique strengths
- Learn what kind of evidence based parenting works well for children with ADHD
- Discuss strategies for helping you and your child regulate emotion
- Consider how to increase positive behaviours and build on strength



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