

PARENTING YOUR CHILD WITH ADD/ADHD

A PARENT EDUCATION & SUPPORT GROUP

*Classes Beginning Tuesday, January 19, 2010 * Register by Friday, January 15th*

A series of eight 90 minute classes to empower parents to navigate the joys and challenges of children with **Attention Deficit Disorder** or **Attention Deficit Hyperactivity Disorder**. Handouts will be provided.

- 1. Overview of Attention Deficit Hyperactivity Disorder (ADHD)**
What is ADHD? ADD? What related conditions might exist with ADHD?
- 2. Current Medical Practices & Treatment for Children and Teens** – *Guest Developmental Physician*
The science of ADHD • Assessment & Evaluation Process • Treatment options (medications and psychosocial interventions) • How to decide on a treatment plan
- 3. Social & Emotional Development & Support Strategies**
Age appropriate positive behavior interventions that work • Smart discipline with rewards & consequences
- 4. The Impact of ADHD on the Family**
Finding balance • Support strategies including social skill development
- 5. Working with Schools & Study Related Problems**
Plans of Accommodation (Section 504 and IEP) • The importance of strong parent/teacher communication • Tips for organizing school work & supplies
- 6. Resources** – Local & National Organizations; Books, Magazines, Newsletters and Websites

Instructor & Facilitator: **Sandy Malone-Long** Sandy taught group ADD/ADHD classes for parents & children for 10 years at Group Heath Cooperative. She has over 30 years experience in individual and group counseling with expertise in both ADHD and highly capable. Sandy is currently the psychologist for the Lake Washington School District's Highly Capable/ Quest Program.

Dates: Eight Tuesdays – January 19 & 26; February 2, 9, 16 & 23; March 2 & 9
Time: 6:30 – 8:00 PM
Location: Lake Washington School District Resource Center at Redmond Town Center
16250 NE 74th Street, Redmond, WA 98073
Cost: \$150. There is no additional charge for a 2nd parent or partner.
Financial assistance available & is worked out with the instructor.

For additional information and/or to pre-register contact **Joanne Hall** at: jjjahall@juno.com

✂ _____ **Please Register** _____ ✂ _____ **by Friday, January 15th, 2010** _____

Name(s): _____ **Phone:** _____

Children: _____ **Age(s)/Grade(s):** _____

School(s): _____

Email Address(es): _____

*Please make your check for \$150 payable to LW PTSA Council, and send with this stub to:
Joanne Hall, Lake Washington PTSA Council, P.O. Box 97039, Redmond, WA 98073*

Questions? Contact Lake Washington PTSA Council, Parent Education Liaison Chair, Joanne Hall at jjjahall@juno.com