

# PARENTING 101

## EDUCATION & SUPPORT WORKSHOPS

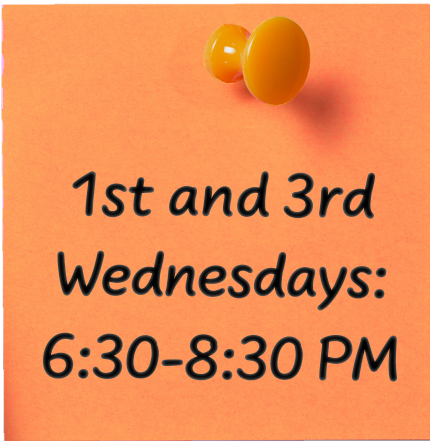


### OVERVIEW OF THE GROUP:

A two-hour group that mixes education, activities, and discussion between parents of children with ADHD, suspected ADHD, emotional regulation struggles, or other diagnosed problems. Remember: None of us are bad parents - we just don't always have all the tools we need!



Running  
now - Call  
412-366-1300  
to register!



1st and 3rd  
Wednesdays:  
6:30-8:30 PM

### SESSION TOPICS (Fall Dates TBD)

#### **ADHD, Executive Functioning & Brain Development:**

Group consists of ADHD's biological factors and other common disorders impacting kids today. Plus, the development of the brain is discussed in a fun & accessible way to help parents understand children's capabilities.

#### **Parenting Consistency:**

Group discusses the importance of being consistent as a parent. There is a focus on tips to maintain consistency with today's modern lifestyle.

#### **Communication With Family & Friends:**

Group focuses on how to communicate with children so tempers don't escalate & kids want to keep talking. It will help parents help their kids understand social skills. Group also touches on social media use & using tech safely.

#### **Stick + Carrot = Consequences:**

Group covers the proper use of consequences and the difference between types of consequences versus punishment. Common parenting situations will be problem-solved to find solutions that work.

#### **School Sucks, Sometimes:**

Group conquers the struggles seen at school by discussing IEPs & 504s. We'll cover interventions that can be helpful in getting the needed adaptations at school & using them at home. Plus, social issues with peers will be discussed.