



Welcome to ADHD Parent Clinic!

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About this Program

Welcome! You're joining a structured, evidence-based parent training program designed specifically for families of children with ADHD or significant behavior challenges. This program will give you a clear framework for understanding your child's behavior and a practical set of skills to support them at home and school.

The program is grounded in well-researched behavioral parent training (BPT) models and draws on approaches used in Parent-Child Interaction Therapy (PCIT), Parent Management Training (PMT), and Dr. Russell Barkley's work on ADHD and executive functioning.

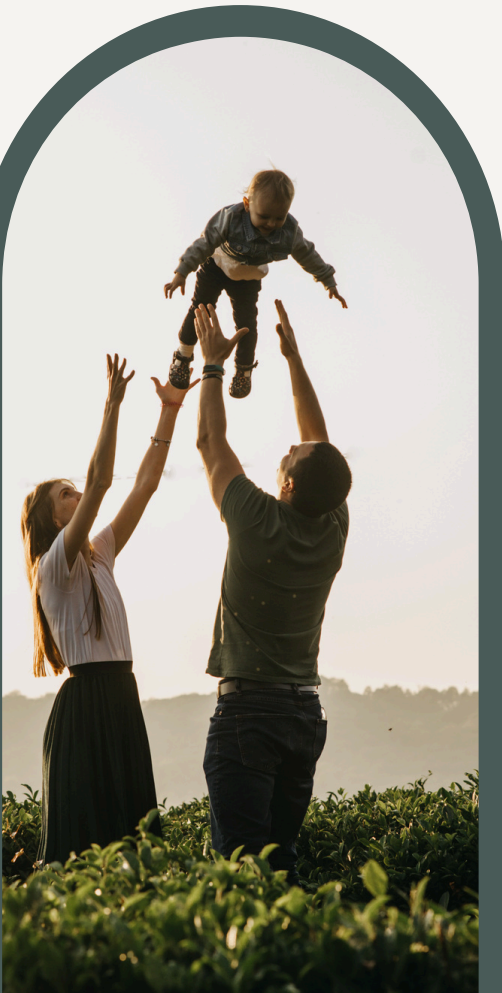
What to Expect

Over **10-12 weeks**, you and your clinician will work through a structured curriculum together. Each week includes three parts:

- A 20-minute video to watch before your session
- A 30-minute weekly meeting with your clinician
- A short between-session practice to try at home

After completing the program, you'll be invited to our ongoing Parent Skills Group, which is a twice-monthly evening group where parents support each other in implementing the strategies learned during treatment.

This program works best when you come with curiosity, honesty about what's hard, and a willingness to practice. Perfection is never the goal. Just a willingness to try.



Program Structure

This is a **10-week program** with **2** optional sessions to expand upon a given topic or select add-on modules based on your family's needs.

Each week has three components:

1

Pre-Session Video (approx. 20 min)

Before each meeting, you will watch a short video lesson introducing that week's topic. They give us a shared starting point so we can spend our time together practicing and problem-solving rather than lecturing.

2

Weekly Meeting (30 min)

We meet once a week to review the video content, answer questions, practice skills together, and tailor strategies to your specific child and family situation.

3

Between-Session Practice

Each week you will receive a short homework assignment to complete before the next session. Skills only become useful when they are practiced at home, in real moments, with your real child.

Weekly Topics

The program is meant to be adaptable to your child's unique needs and concerns. Below is an example schedule at a-glance:

Week	Topic
1	Understanding Your Child's Brain & Behavior
2	Building Strong Relationships with Together Time
3	Shaping Behavior with Your Attention
4	Increasing Cooperation and Listening at Home
5	Building Skills & Replacement Behaviors
6	Environmental and Visual Supports
7	School and Academic Supports
8	Household Rules & Reward Systems
9	Limit Setting & Consequences
10	Summary and Review

Your Parenting Roadmap

For Kids with ADHD

Build your toolbox to:

- ✓ Reduce Challenging Behaviors
- ✓ Increase Cooperation
- ✓ Increase Confidence
- ✓ Support Independence
- ✓ Strengthen Your Relationship

9

Limit Setting

Set limits and follow through consistently



8

School Supports



Formal accommodations, teacher collaboration, and homework support.

7

Rules & Rewards

Create clear expectations and motivate progress.



6

Environmental Supports



Adjust the environment to build positive routines that improve day-to-day tasks.

5

Replacement Behaviors

Actively teach helpful behaviors that replace the challenging ones.



4

Cooperation & Listening



Set your child up for success and support their overall cooperation.

3

Differential Attention

Use your attention to build positive behaviors and reduce negative ones.



1

Understanding ADHD & Behavior

Understand how ADHD impacts behavior, relationships, and learning.



2

Special Time & Connection

Strengthen your bond and build a secure foundation.



Using Google Classroom

All program materials are hosted on Google Classroom. Here's how to get set up:

1. You will need a Google account (Gmail address) to access Google Classroom. If you don't have one, you can create a free account at accounts.google.com.
2. Your clinician will send a Google Classroom invitation to your Gmail address.
3. Click the link in the invitation email, or go to classroom.google.com and sign in. Your class will appear on your dashboard. Click "Join" to enroll.

Consider the App:

For easy access on your phone or tablet, download the free Google Classroom app from the App Store or Google Play.



Your Commitments

This program asks real commitment from you. Most families find that the biggest gains come in the weeks they practice most consistently, not necessarily the weeks the content feels most relevant. Skills like these take repetition to become natural.

You may find some weeks feel straightforward and others feel hard or even discouraging. That is normal and expected. The weekly meeting is a space to be honest about what isn't working so we can adjust.

When Joining We Ask You to Commit to the Following:

1

Consistent attendance and coming prepared each week, watching video in advance

2

Attempting the weekly practice, even imperfectly

3

Bringing your real questions and struggles to sessions

Parent Skills Group

After completing parent clinic in full, you will be invited to a twice monthly parent skills group, held 2 evenings a month.

This is an ongoing support group where parents of kids with ADHD and/or behavior challenges come together for support and application of the parenting skills learned in this program.

Cost is \$35/session

This group is optional but highly encouraged. Research consistently shows that skills maintenance is supported by ongoing community and practice.

You will receive an invitation to join the group upon completing the program.

