

PARENTING YOUR CHILD WITH ADD/ADHD

A PARENT EDUCATION & SUPPORT GROUP

*Classes Beginning Tuesday, January 17, 2012 * Register by Monday, January 16th*

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, Counselor-Psychologist:** 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 17, 24, & 31; February 7, 14, 21, & 28; & March 6
Time: 6:30 – 8:00 PM
Location: Old Redmond School House Community Center
16600 NE 80th Street, Redmond, WA
Cost: \$160. 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 **Sandy Malone-Long** at 206-313-3623
Email: smlbug@hotmail.com

✂ ————— **Please Register** ————— ✂ ————— **by Sunday, January 15th, 2012** —————

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

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

School(s): _____

Email Address(es): _____

*Please make your check for \$160 payable to Sandy Malone-Long, and send to:
6026 37th Ave. NE, Seattle, WA. 98115*

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

