

Fix My Family's Morning Routine!

*Expert Solutions to Your Worst
ADHD Schedule Problems*

meet today's expert speaker:

Sharon Saline, Psy.D



[Sharon Saline, Psy.D.](#), a licensed clinical psychologist with more than 30 years' experience, is a top expert on ADHD, anxiety, learning differences and mental health challenges and their impact on school and family dynamics. Her unique perspective, a sibling of a child who wrestled with untreated ADHD, combined with decades of academic excellence and clinical experience, assists her in guiding families as they navigate from the confusing maze of diagnoses and conflict to successful interventions and connections. Dr. Saline funnels this expertise into her new book, [What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life](#). Heralded as an invaluable resource, her book is the recipient of two highly-acclaimed awards: Best Book Awards winner by American Book Fest and the Gold Medal from Moms' Choice Awards. Learn more

at www.drsharonsaline.com, www.facebook.com/DrSharonSaline, twitter.com/DrSharonSaline

The New Normal

- School closures
- Social isolation
- Working from home
- Job uncertainty
- Pervasive anxiety
- 24/7 family time



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Big Changes, Big Feelings

- Wide range of daily emotions
- Failure mentality and lethargy
- Prepare in advance for pushback, inappropriate language, and acting out behaviors
- Put non-cooperation, non-completion outcomes into agreements



An Integrative, Collaborative Approach to Living with and Parenting Kids with ADHD

- Self-Control
- Compassion
- Collaboration
- Consistency
- Celebration



Stop Arguing and Start Connecting with the
5C's of ADHD Parenting

Keys to Making This Situation Work for your family

- Create a daily schedule to establish new, doable routines
- Set expectations for online learning
- Manage screens
- Exercise and play
- Game-ify chores and other mundane activities
- Weekly family meetings to check in



Strategies for Screen Sanity:

USE the Easy on/Easy Off Method

- Decide how much screen time (not for school) you want your child or teen to have daily
- Have a conversation about how much they want.
- Decide on a baseline amount and a bonus amount of time
- Link bonus time to completion of responsibilities.



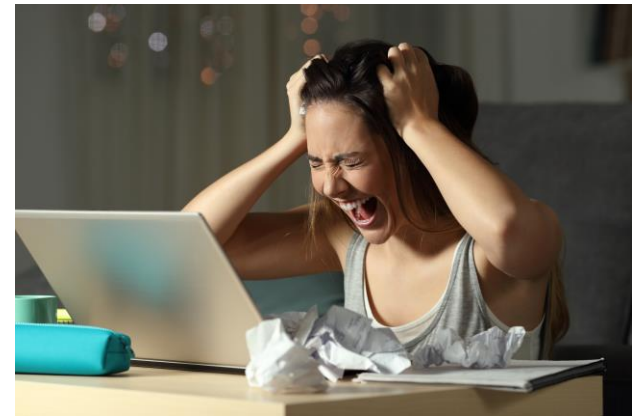
Sleep Disruptions

- Negotiate regular wake-up and bed times
- Screen limits
- Wind-down times
- Use incentives that matter
- Normalize sleep challenges.



Motivating Kids with ADHD

- Things have to be appealing to start and stick with them
- Incentives motivate kids for unpleasant or unsatisfying tasks
- Break tasks down into smaller pieces to avoid procrastination
- Give directions with the Rule of Three



School and Learning: Reducing New Home-schooling Hassles

- Discuss your level of involvement with your child and school
- Make a structured plan that includes timed, pre-planned breaks
- Use family work time
- Incorporate incentives that matter
- Reduce overwhelm by breaking things down
- Adjust expectations



Focus on the Positive—Make Lemonade

- Keep your sense of humor
- Inject some fun or whimsy into chores, homework, or other activities
- Give genuine encouragement and praise when something goes well
- Celebration builds resilience and self-esteem
- Foster growth mindset



Guidelines for Solutions That Work

- Manage yourself first
- Assign tasks appropriate for their age and abilities
- Use incentives instead of punishments
- Build in breaks and choice
- Plan for pushback



Please enter your questions in the box to your left.



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Upcoming Webinars

- **Tuesday, April 28th at 1pm ET**
Game-Changing Strategies for Raising Teen Boys with ADHD with Mary Anne Richey, M.Ed.
<https://www.additudemag.com/webinar/adhd-in-teens-boys/>
- **Thursday April 30th at 1pm ET**
ADHD Life: Reassessing Goals and Priorities After a Pandemic with Michele Novotni, Ph.D.
<https://www.additudemag.com/webinar/life-changing-pandemic/>

Visit <http://additu.de/webinars> to view the webinar replay library.

Thank You!

If you missed any part of today's webinar, a recording is available for replay at <http://additu.de/webinars>.

To continue the conversation, we invite you to join us on

***ADDitude* Forums**

ADDitude's online community for attention deficit support and solutions where you can join our ongoing ADHD discussion groups: <https://www.additudemag.com/forums/>