

Setting Up For Success: A Workshop for Parents/Caregivers



Presenters:

Lisa Miller

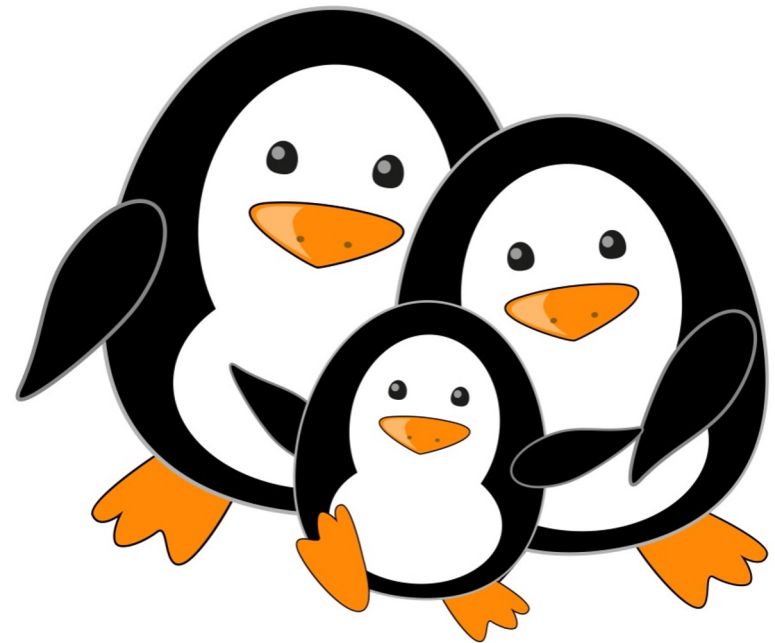
Tatiana Guerreiro Ramos



Workshop goals

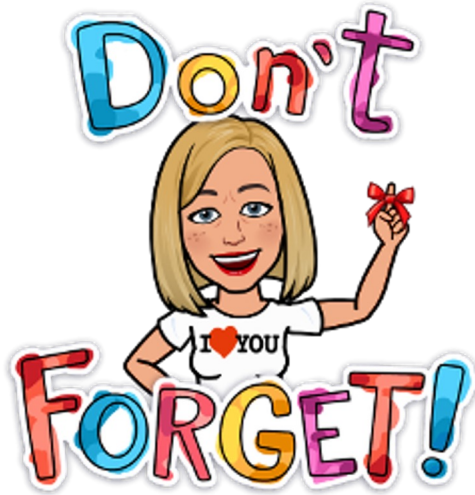


- To build awareness of and empathy for the impact of ADHD and executive function on learning
- To introduce tools and strategies to support students at home and to promote family harmony



Happy family

A few important reminders



- This is stressful (and by this, we mean parenting, life, all the things).
- Do what works for your family.
- Adjust your expectations.
- Prioritize your emotional connection.

1-minute metacognitive flex



Finish this sentence (as many times as you'd like).



Because of ADHD, my kid...

**What's
executive
function?**





2-minute think-share



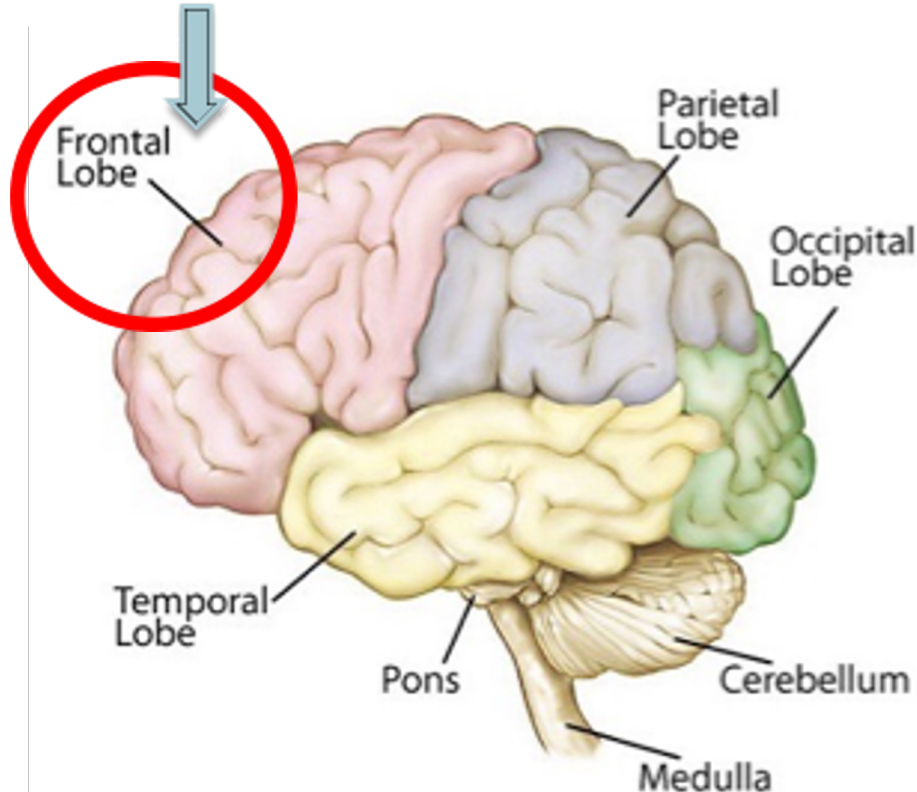
What are your
takeaways from
the video?

02:00



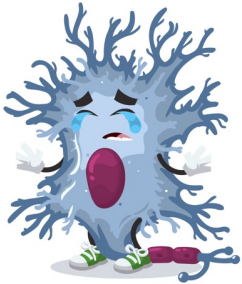
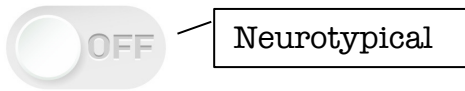
Neuroscience recap

Executive function



- The **frontal lobe** (or PFC) is the hub of executive function.
- Executive function is **how we get things done**.
- Our frontal lobe doesn't fully develop until our **mid-twenties**.
- Executive skills can be **taught** and should be **practiced**.

More neuroscience



- The **frontal lobe** (or PFC) is **smaller** in ADHD brains.
- There is up to a 30% lag in brain development
- We have a **default mode network** that doesn't sleep like it does in neurotypical brains.
- ADHD brains have **dopamine deficits**.
- These differences directly impact **motivation**, **attention**, **stamina**, **working memory**, and **emotional regulation**. So, everything our brains do!

Believe the science



- If you are under the age of 25, it's normal to have underdeveloped executive function
- Adolescent ADHD brains don't have trouble focusing.
 - They struggle to regulate what they focus on. This is especially acute for kiddos with other LDs or co-occurring conditions.

NO WAY



Interrupters of executive function



- “Neurotypical” brain development
- Learning differences
- Other learning challenges
- Emotional challenges
- Lack of sleep
- Lack of physical exertion
- Poor nutrition
- Drugs & alcohol

Executive skills list



- Metacognition
- Organization
- Planning & prioritizing
- Working memory
- Task initiation
- Time management
- Sustained attention
- Flexibility & problem solving
- Emotional regulation
- Stick-to-it-iveness



EF in action: homework



- Metacognition
- Organization
- Planning & prioritizing
- Working memory
- Task initiation
- Time management
- Sustained attention
- Flexibility & problem solving
- Emotional regulation
- Stick-to-it-iveness



I don't remember how to do this...

This is hard.

Where do I start?

This is going to take forever!

I hate math!

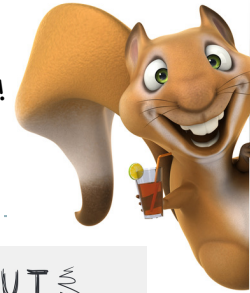
I wonder what Erica is doing?

I think I left my calculator in my locker.



ADHD & lagging EF in action

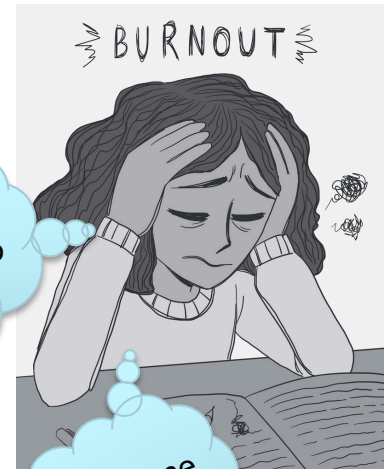
ME,
ME,
ME!



PAY
ATTENTION
TO ME!



I hate school!



This is going to
take too long.

I really don't
understand why
I have to learn
this.

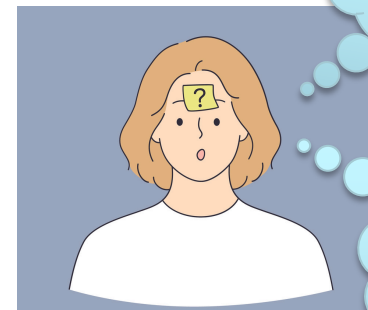
My teeth itch.

Where do I
start?

I bet everyone
else can do
this.

This is boring.

NO,
ME!



I think I left my
calculator in my
locker.

- Metacognition
- Organization
- Planning & prioritizing
- Working memory
- Task initiation
- Time management
- Sustained attention
- Flexibility & problem solving
- Emotional regulation
- Stick-to-it-iveness

What else?



Your kid may experience:



- Rejection sensitivity
- Sleep issues
- Extra special defiance (PDA)
- Academic wounding
- Shutting down
- Only interest-based engagement
- Misophonia and other sensory-processing challenges
- Anxiety and/or depression



2-minute think-share



- Metacognition
- Organization
- Planning & prioritizing
- Working memory
- Task initiation
- Time management
- Sustained attention
- Flexibility & problem solving
- Emotional regulation
- Stick-to-it-iveness

➤ What are *your* biggest executive function challenges?

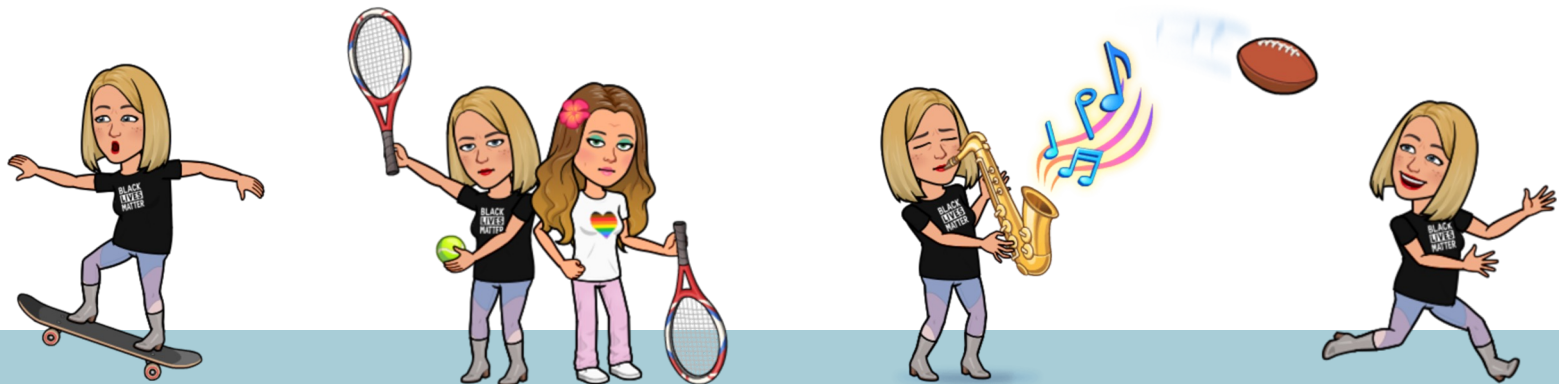
➤ What are your child's?

02:00

Work out your brain



As with any skill,
you can get better
at it with practice.



Creating new habits



Scaffolding ↔ **Routines** ↔ **Habits**



How do you create new habits? How do you get good at something?

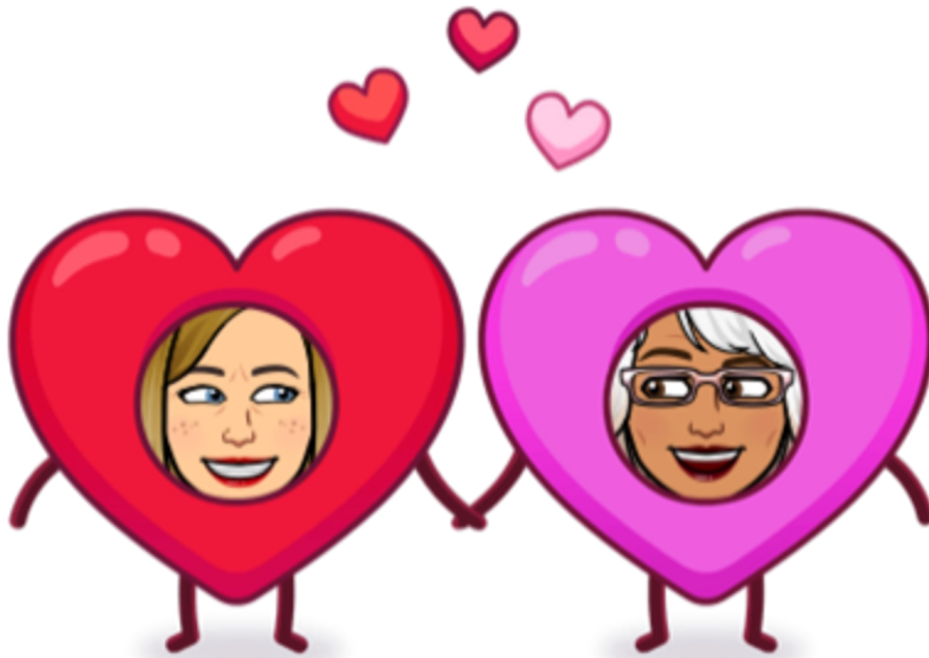
Provide a legible roadmap

Name it to tame it

- Talk to your kiddo in **plain language** about their brain.
- Define it in an **accessible** way; find analogies they like.
- **Center your child and their experience. Always.**
- ***Celebrate it!***
- **Normalize** the neurodivergence.



Your most effective parenting tools



Connection



Inquiry

Connect *before* your correct



- Cook/bake together
- Move around together - jump rope, trampoline, hiking, biking
- Watch Youtube/TikTok
- Play board/card games together
- Read a book they like together
- Play video games together
- **Do something (anything) they like together**
- What do you want your kid to most remember about moments with you?



Be curious!



- Come from a place of inquiry. Ask questions.
- Be a consultant, not a boss.
- Help them flex their metacognitive muscles (by asking questions) and help them discover what works for them.
- Be an AskMaster, not a TaskMaster
- Metacognitive skills help kids manage their feelings and boost self-esteem; they help them to become more self-aware as critical thinkers and problem solvers, enabling them to actively approach knowledge gaps and problems and to rely on themselves.



2-minute unseated break



02:00

Digital natives



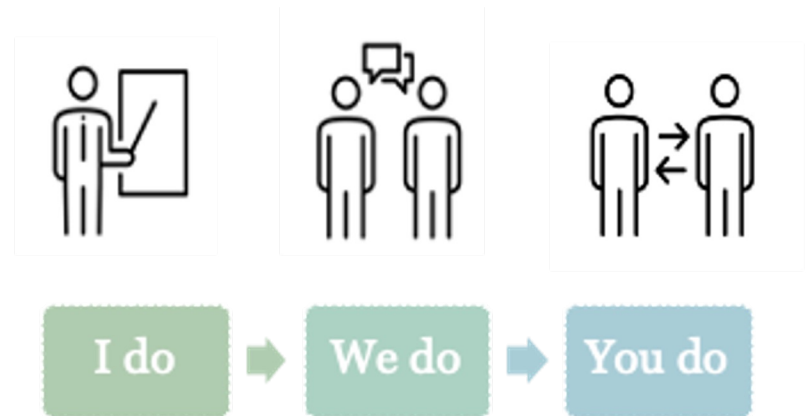
- Our kids don't have as many organic opportunities for EF development.
- We used to have to work (and wait) for information.
- Now, it's copy and paste, nextbus.com, Google Maps, Google everything, ChatGPT.
- As parents, care providers, and teachers, we may need to explicitly teach, model, and support EF skills.



EF skills: teach, model, practice



- **Setting up a productive study environment & managing distractions**
- Planning/making a schedule
- Breaking things down into smaller pieces
- Prioritizing
- **Using a checklist**
- **Using a timer**
- Etc., etc.



Use a “gradual release” model

Create a productive-ish* study environment



The first step to creating a routine is to set up your workspace.



Things to consider:

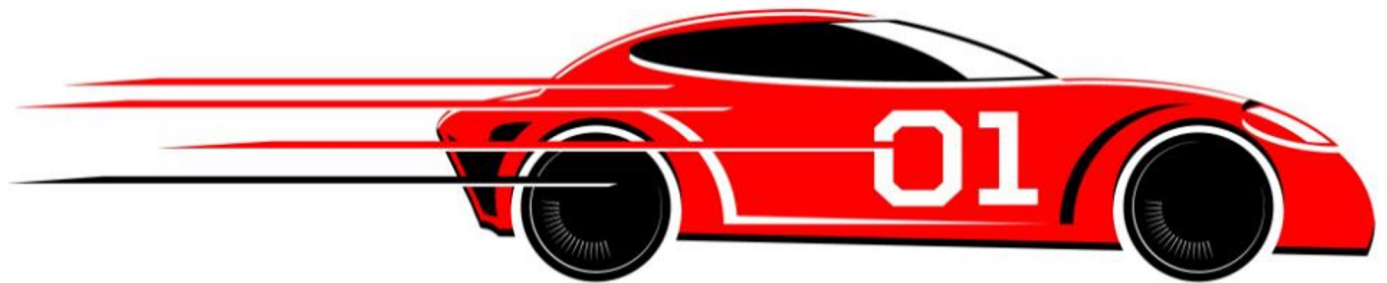
- Time
- Space
- Materials



More neuroscience



- Multi-tasking is not a thing.
- It's / called / divided / attention.
- Switching between two tasks decreases efficiency and slows down reaction speed ***in both tasks.***



Let's play a game!



Task #1: Time yourself counting from 1 to 26.

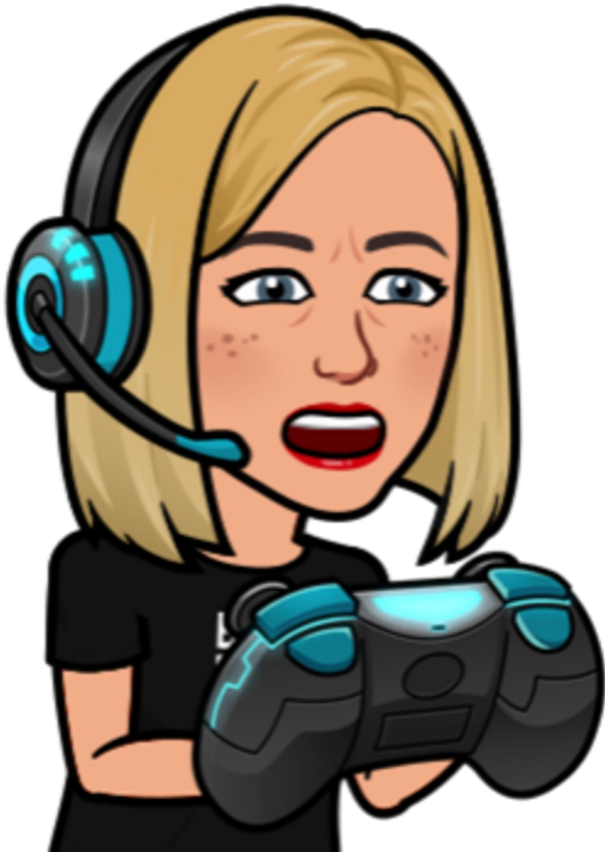
Task #2: Time yourself reciting the alphabet from A-Z.

Task # 3: Time yourself interleaving the numbers with the letters, 1-A, 2,-B, 3-C, 4-D, 5-E, etc.--that is, switching back and forth between task #1 and task #2.

What conclusions can you draw based on this experiment?



2-minute think-share



What are some of the things that distract your student?

02:00

Manage distractions

- Identify
- Reduce
- Eliminate



Metacognitive
flex!



Distractions: Identify, reduce, eliminate!

You can't have a conversation about time management without also considering the many things that distract you—the "time robbers". This could be people (siblings, friends), placement (things you see out the window) and/or things (social media, phone, hunger, noise). It could also be your emotions—how you are feeling in the moment. Take a few minutes to think about the things that distract you and how to address them.

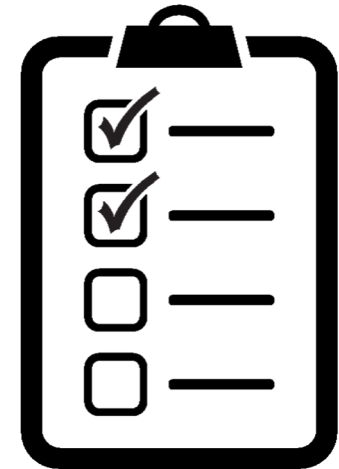
PROBLEMS: What are the things that prevent you from getting started (aka procrastination) or distract you once you are working?	SOLUTIONS: Brainstorm ways to reduce and/or eliminate your distractions. Be in control of your study environment!
Cell phone	Put it away, turn it off, put it on "airplane mode"

Property of Classroom Matters™

Checklists



1. List all the things
2. Make cute boxes
3. Check off tasks as you complete them
4. Don't toss your unfinished checklist at the end of the day
5. Transfer all the things to tomorrow's checklist



Sample checklist:

- Walk dog
- Prep for math test in two days
- Clean room
- Weekly problem-set due @ end of week
- Class reading/annotating

ADHD growth mindset *printable planner*

MONOCHROME

made by an
ADHD ⚡ brain

based on science

170
pages

Daily focus friend

MON TUE WED THU FRI SAT SUN
○ ○ ✓ ○ ○ ○ ○

FOCUS/QUOTE:

DATE: 02/05/2022

PROGRESS OVER PERFECTION



TODAY - TIME BLOCKING:

5 AM	
6 AM	morning run
7 AM	MEDICATION
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	zoom call with Zali
1 PM	
2 PM	optometrist in the city
3 PM	
4 PM	
5 PM	
6 PM	dinner at Val's
7 PM	
8 PM	
9 PM	

BORING (BUT NECESSARY) TASKS:

01	call insurance co.
02	new lightbulbs
03	

REWARD TO MYSELF AFTER:

NETFLIX BINGE

DON'T FORGET:

water the plants today
grocery this weekend

PEOPLE

LEAVE IT FOR LATER BRAIN DUMP:

present for Lacey's
birthday - spa voucher?



Homework routine checklist

- Get a healthy snack.
- Put phone in another room, on silent or off.
- Turn off notifications on computer.
- Check all the online places for current/missing homework, long-term projects, and upcoming tests.
- Make a list of what to accomplish today and estimate how long each item will take.
- Set timer for 20-minute work period.
- When timer goes off, take a 5-minute break.
- Rinse and repeat.



20 min

Timers



Timers:

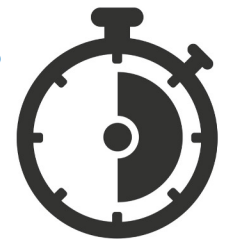
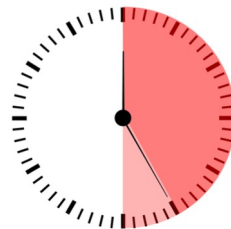
- Promote focus & sustained attention
- Help initiate tasks
- Promote sticking with a task
- Build awareness of time
- Help manage breaks & distractions

How to use a timer:

1. Go to your productive study environment;
2. Set your timer for a reasonable amount of work time;
3. Place your timer where you can see it;
4. Work, work, work;
5. When the timer goes off, set it up for your break;
6. Take a break;
7. When the timer goes off, your break is over;
8. Rinse and repeat.



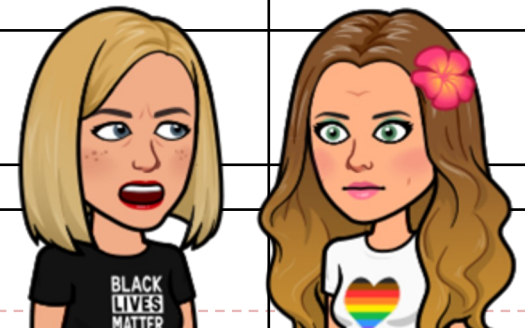
POMODORO
TECHNIQUE




30 min

Time	Monday	Tuesday	Wednesday	Thursday	Friday
2:00 – 2:20	Settle in, get a snack				
10-minute break	Walk the dog				
2:30 – 2:50	Essay assignment: work on outline				
10-minute break	Check social media				
3:00 – 3:20	Essay assignment: work on thesis				
10-minute break	Get a snack				
3:30 – 3:50	Math homework: problems 1-5				
10-minute break	Text with friends				
4:00 – 4:20	Practice the piano				
10-minute break	Empty dishwasher				
4:30 – 4:50	Shoot hoops				

**What are you
going to do with
your life today?**



DIY breaks

2-minute break activities	5-minute break activities	10-minute break activities
		 An illustration in the bottom right corner of the 10-minute break activities cell. It features two cartoon women. One woman on the left has short grey hair, wears glasses, and a dark blue top. The other woman on the right has long blonde hair, is smiling, and wearing a white t-shirt with a red heart and the text 'I ♥ YOU'. Above them is a large, glowing sign with the words 'GREAT IDEA!' in red, bubbly letters with white outlines, set against a blue background with yellow stars and a yellow border.

Checking in



- Checking in (aka **family meetings**) promote a variety of executive function skills.
- **Preview** the schedule for the week.
- Establish **shared goals** and expectations.
- **Monitor** goals and expectations.
- Provide **positive reinforcement**.
- Get organized.

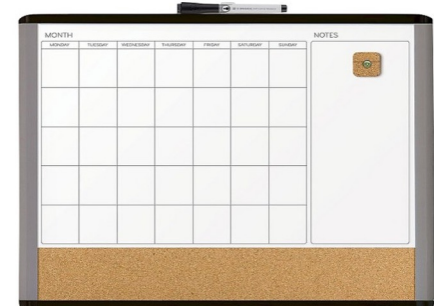


Can we order sardine pizza?

Putting it all together

Supplies we recommend:

- Month-at-a-glance whiteboard
- Time Timer
- Kitchen timer



Strategies we recommend:

- Connecting!
- Using neuroscience/metacognition
- Making time to practice EF skills
- I do, we do, you do



Tools we recommend:

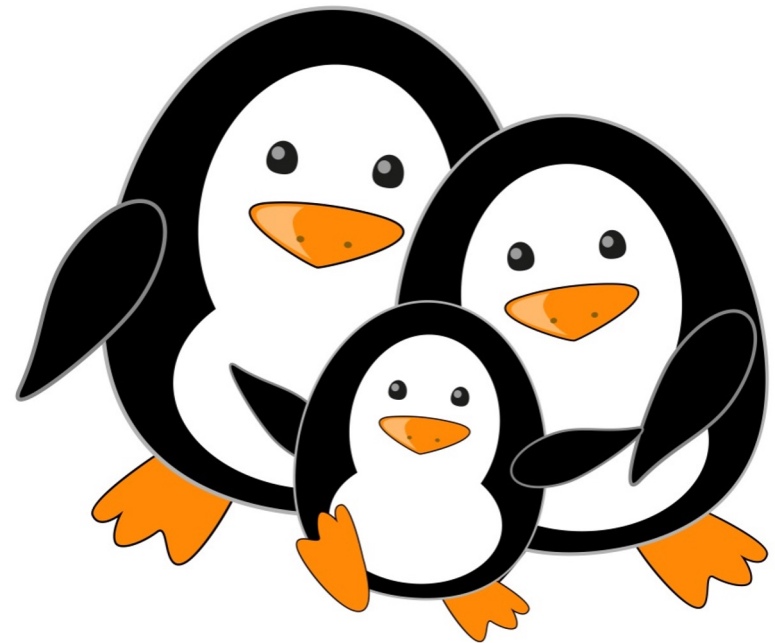
- Checklists
- Visual checklists
- Distraction logs



Workshop goals



- To build awareness of and empathy for the impact of ADHD and executive function on learning
- To introduce tools and strategies to support students at home and to promote family harmony



Happy family

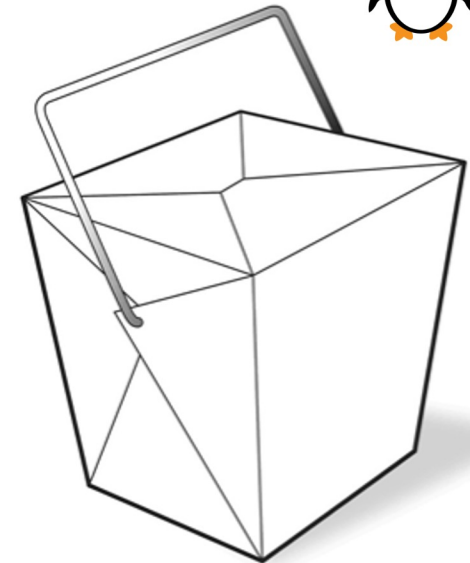


2-minute think-share



We hope you will leave here knowing that **executive function skills are the foundation of all learning**, and cultivating them will set you up for success in school and in life!

Is there fish in there?



02:00

Resources



SCREEN FREE
parenting



Mindprint
learning

edUTOPIA



Understood

for learning & attention issues



Learning Scientists

ADDITUDE
Strategies and Support for ADHD & LD

adhd
Experts

Classroom Matters



Services we offer:

- Content-area tutoring in all grades & subjects
- Executive function coaching through adulthood
- Parent coaching (for families with ADHD)
- Test prep (SAT/ACT/HSPT/SSAT/ISEE)
- Workshops
- 504 Plan & IEP education & advocacy
- Professional development

Contact info



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**SIGN
ME UP** 

