

Module 1: What Is Adhd?

- 1.1 What does ADHD mean?
- 1.2 Recognizing ADHD symptoms so you get help faster
- 1.3 Preparing for the ADHD test to stop your child getting anxious
- 1.4 Underdiagnosis in girls and how to prevent it
- 1.5 Stress-free ways to prepare your child for life with ADHD
- 1.6 Know the specialist terminology to communicate better with medics and teachers

Module 2: Causes Of Adhd

- 2.1 Understanding what causes ADHD and how it runs in families
- 2.2 Is your home life affecting ADHD? Make changes for the better
- 2.3 Recognizing other medical conditions linked to ADHD

Module 3: Treatments And Classroom Strategies

- 3.1 Getting the right treatment and possible side effects to watch out for
- 3.2 Alternative treatments for ADHD
- 3.3 Know what classroom strategies should be in place
- 3.4 Effective methods for teaching children with ADHD
- 3.5 How parents can help children learn

Module 4: Adhd And Education/the Law And Adhd

- 4.1 What laws are in place to help children with ADHD in the US, Canada, UK and Australia?
- 4.2 Using the law to ensure your children's educational rights
- 4.3 Understanding what 'reasonable adjustments' means
- 4.4 Benefits of inclusion classrooms to meet ADHD students' needs

Module 5: Adhd Within Families And Relationships

- 5.1 How does ADHD affects relationships
- 5.2 Prevent tension within a family living with an ADHD child
- 5.3 Techniques for building healthy relationships for children with ADHD
- 5.4 How to make sure your child thrives with ADHD
- 5.5 How can parents set their children up for success?
- 5.6 Knowing the challenges ADHD children face and overcoming them
- 5.7 Providing a calm environment for ADHD children to ease stress

Module 6: Living With Adhd/adults With Adhd

- 6.1 Treating ADHD long-term for a full and active life
- 6.2 How to come to terms with growing up with ADHD
- 6.3 ADHD in adults – how to cope with a diagnosis
- 6.4 Ways to positively channel ADHD trademarks to your advantage
- 6.5 Finding a successful career with your unique ADHD traits
- 6.6 Harnessing the gifts of ADHD, such as intelligence and creativity