



CAHDS PARENT INFORMATION SESSIONS 2021 – TERM 1

The Complex Attention Hyperactivity Disorders Service (CAHDS) are offering a series of parent information sessions. The information sessions are intended for parents with children/adolescents who experience significant attention difficulties, including a diagnosis of ADHD. Information sessions are collaborative and invite discussion from participants.

All sessions are stand-alone and parents can attend any or all of the sessions. They will run from **10:00 am to 12.30pm** at **Perth Children's Hospital**. Tea, Coffee and relevant handouts will be provided. There is no cost to attend these sessions.

Prior to the beginning of each school term (February, April, July and October) CAHDS will send out a time table of the information session available for the following three month period. At this time if parents are interested in attending any of the sessions they will need to register with CAHDS by contacting **6456 0214** or by email **CAMHS.CAHDS@health.wa.gov.au**.

Once sessions are full they will be closed for the cycle. An e mail will be sent out when this occurs.

Please note: No waiting list will be held at CAHDS once sessions are full.

Yours sincerely

The CAHDS Team

CAHDS PARENT INFORMATION SESSIONS

| TOPIC | DESCRIPTION | Dates |
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| <p>1. Family self-care/stress management for parents (including the impact of ADHD/challenging behaviours on the family)</p> | <p>This information session looks at the impact stress has on the family unit and how families can enhance their self-care including;</p> <ul style="list-style-type: none"> • why family self-care is important • what are some of the positives and challenges of caring for your child • the body's response to stress • the impact of stress • Stress management strategies. <p>Participants will come away with a better understanding of the importance of self-care and how you can realistically achieve this in your family.</p> | <p>Friday 26th February 2021</p> |
| <p>2. Understanding your child's behaviour (including reasons for behaviour and impact of other factors on children's behaviour)</p> | <p>This information session aims to help parents look at behaviour management from a slightly different perspective. Participants will be given information to help them identify some of the possible drivers for their child's behaviour. The session encourages discussions guided by topics such as:-</p> <ul style="list-style-type: none"> • What is meant by behaviour? • What is the behaviour communicating? • Goals of misbehaviour. • The use of punishment vs consequences <p>At the end of the session it is hoped participants gain a better understanding of the reasons for their child's behaviour so as to help their child achieve their need/goals for now and into the future; rather than being given a list of generic behaviour management strategies.</p> | <p>Friday 5th March 2021</p> |
| <p>3. Sibling</p> | <p>This workshop aims to provide siblings of children with ADHD a better understanding of what ADHD is. It explores how ADHD impacts on them, their sibling and family. It also helps them to identify strategies to help when feeling overwhelmed.</p> | <p>Expression of interest - Date to be confirmed</p> |

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| <p>4. Sensory Processing for children with ADHD</p> | <p>This workshop aims to help parents of children who:</p> <ul style="list-style-type: none"> • Fidget or struggle to sit still; • Are very distractible; • Are easily upset by noise, activity or touch <p>At the end of the session it is hoped that parents will gain a better understanding of their child's unique sensory processing patterns as well as an awareness of sensory strategies that will support their child's self-regulation.</p> | <p>Tuesday 16th March 2021</p> |
| <p>5. Communication</p> | <p>CAHDS Parent information session presented by CAHDS Speech Pathologists, providing information on communication difficulties (verbal, written and social) as related to ADHD and the impact of difficulties both diagnosed and undiagnosed</p> <p>Social connectedness refers to the relationships people have with others. Social connectedness is integral to wellbeing. People are defined by their social roles, whether as partners, parents, children, friends, caregivers, teammates, staff or employers, or many other roles. We are connected by the way we communicate with others, including our use of social media and technologies.</p> <p>Communication skills, both verbal and written, are needed for individuals to build and maintain relationships with others. Developmental language difficulties/disorders and specific learning difficulties/disorders are common in individuals diagnosed with ADHD but are often undiagnosed. Difficulties can lead to or be a part of attentional, behavioural, emotional and academic difficulties.</p> | <p>Second Term</p> |
| <p>6 Medication and ADHD</p> | <p>CAHDS Parent information session presented by CAHDS Psychiatrist providing information on medications commonly prescribed for ADHD</p> | <p>Friday 12th March 2021</p> |

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| <p>7 Executive Functioning</p> | <p>CAHDS Parent information session presented by CAHDS Psychologists.</p> <p>Executive Functioning difficulties are common in children with ADHD. Executive functioning is a group of mental processes that helps us perform our daily activities such as planning and organising you day and tasks and problem-solving.</p> <p>This workshops aims to:</p> <ul style="list-style-type: none"> • help parents understand what executive functioning is • outline types of executive function • look at what can impact on being able to use these skills effectively • help you identify if your child is struggling with their executive functioning • identify some general strategies to help your child with their executive functioning | <p>Second Term</p> |
| <p>8 ADHD and Sleep</p> | <p>CAHDS Parent information session presented by CAHDS Clinicians .</p> <p>Sleep difficulties are common for children and adolescents with ADHD. They often have difficulty in getting to sleep, and staying asleep, amongst other sleep difficulties.</p> <p>The ADHD and Sleep workshop aims to help parents with:</p> <ul style="list-style-type: none"> • Providing an understanding of sleep and what might interfere with a good night's sleep. • Behavioural strategies to help with sleep • Identifying resources and services that can help with complex sleep difficulties. | <p>Second Term</p> |