

# UNDERSTANDING YOUR ADHD CHILD

Parenting children with ADHD is often a challenge; emotions and interpersonal interactions are intense and continually changing.

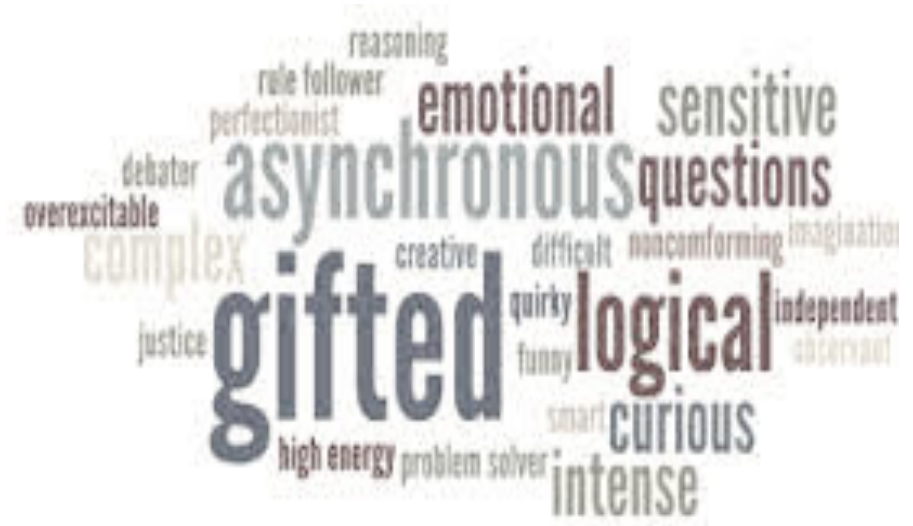
Parents worry about how they should react to the exhausting intensity their child shows, how they might avoid the power struggles, and so on.

Share your experiences with other parents in a parenting support group.

## Topics covered in this parenting group are:

- **Self and Emotion Regulation Strategies**
- **Mindfulness Exercises**
- **Strengths and Challenges**
- **Self-esteem and Perfectionism Issues**
- **Becoming your child's advocate**
- **Sensory Modulation**
- **The brain and Executive Functions**

***If you are feeling confused, frustrated and overwhelmed, you are not alone. Learn strategies for changing perception and creating expectations and environments that will help you and your child succeed!***



"Success is not final, failure is not fatal: it is the courage to continue that counts."

- Churchill

***Group meets weekly for 6 weeks***

*For more information please contact:*

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Sherman Oaks and Brentwood locations

(see reverse side for details)