

MINDFUL PARENTING OPPORTUNITIES FOR PARENTS OF YOUTH WITH  
ADHD & EXECUTIVE FUNCTION WEAKNESSES: SPRING 2020



Starting  
April 2020

## *Learn to Respond Rather Than React*

Judy Bandy, RN, MA and ADHD Coach is pleased to offer two options specifically for parents of children and adolescents with ADHD and Executive Function weaknesses.

Parenting a child with ADHD and Executive Function weaknesses brings its rewards and challenges into young adulthood. This parent group may help to support you in these common experiences:

- Managing expectations of yourself and your child.
- Learning when and when not to provide assistance.
- Considering the best ways to provide support.
- Responding when you witness repeated behaviors.
- Managing your emotions when you watch your child struggle.
- Responding in positive ways to other parents' and teachers' opinions about your parenting choices.
- Fostering and preserving your relationship with your child while managing ADHD.

### **Intentionally Parenting Your Child and Teen with ADHD 7 week group - DAYTIME**

The group will use "*8 Keys to Parenting Children with ADHD*" by Cindy Goldrich as a resource. The group allows for parents to share and support one another as they learn and implement new knowledge. Please purchase the book prior to class starting. In addition, supplemental resources will be included in a resource binder as part of the fee.

Topics include:

- Understanding ADHD and Development of Executive Functions
- Discerning appropriate parent support
- Choosing response over reaction
- Understanding Stress Response
- Managing Thoughts and Emotions
- Communicating Effectively
- Advocating appropriately for your child
- Designing and communicating appropriate strategies and guidelines

Dates: Mondays: April 6, 13, 20, 27 May 4, 11, 18

Time: 12:30-2:00 PM

Location: Gray's Bay Room, Minnetonka Community Center,  
14600 Minnetonka Blvd. | Minnetonka, MN 55345

Fee: \$275 payable by check or credit card  
Minimum 8 members needed

### **FIRST TIME OFFERING Mindful Parenting Seminar 4 week class - EVENINGS**

This seminar contains part of the information presented in the 7 week Intentionally Parenting group. This seminar will allow some, but less discussion than the 7 week group. A resource binder specific to the topics listed below is included as part of the fee.

Topics include:

- Understanding ADHD and Development of Executive Functions
- Choosing response over reaction
- Designing and communicating appropriate strategies and guidelines
- Building a collaborative problem solving approach

Dates: Tuesdays: April 7, 14, 21, 28

Time: 7-8:30 PM

Location: Southwest Christian High School, 1981 Bavaria  
Road, Chaska, MN 55318

Fee: \$100 payable by check or credit card  
Minimum 12 members needed

Please email me at [judyebandy@gmail.com](mailto:judyebandy@gmail.com) or call me at 612-708-0149 with any questions.

Reserve a place in the group at

[www.adhdlifetools.com/parent-groups](http://www.adhdlifetools.com/parent-groups)