

# ADHD Matters: Children

## Knowing your child better

Being a parent of an ADHD child can be like a roller coaster sometimes. This particular brand of neurodivergence by its nature is unpredictable at times. However, with the right strategies and levels of understanding, parents will share a bond with fiercely loyal and wonderfully fantastic children. In this session, we will look at how ADHD can manifest in children. We will look at how particular quirks that may affect mental health. We will talk about advocacy and being neurodivergent affirmative in parenting. We will also look at how to help your child learn to love and accept their difference in a way that builds self-esteem.

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## Session Outline

- What does ADHD look like in children?
- Noticing differences
- The Diagnostic Journey
- Gender differences
- Mental health and ADHD
- Being Neurodivergent Affirmative
- Neurodivergent Superpowers!!
- Useful websites and resources

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## Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.