Parent to Parent: Introduction to ADHD

Course Overview

Do you feel lost when it comes to ADHD and its related issues and concerns? Upon completion of this training, you will have an understanding of ADHD and its symptoms, myths and facts about ADHD, an overview of how ADHD impacts brain functions. You will understand more about coexisting conditions and disorders that mimic ADHD. You will also learn about how to talk to your child about ADHD.

CHADD (the National Resource on ADHD) has developed this course to provide educational information and support to individuals and families who are dealing with ADHD and learning to navigate the challenges of ADHD across the lifespan. This self-paced course was modeled after CHADD's exclusive Parent to Parent: Family Training on ADHD program.

Throughout the course, family members will learn what ADHD is, how ADHD is diagnosed and what everyone should know about ADHD to help ensure the success of children with ADHD.

Parents will also have access to the CHADD ADHD online community, customized to promote collaboration, information sharing, and support to parents of children.

Session 1: Understanding ADHD

- What is ADHD?
- Paying Attention
- Executive Functions of the Brain
- Factors to Think About

Session 2: The Diagnosing of ADHD

- Diagnosing ADHD
- ADHD and Its Three Presentations

Session 3: When ADHD is Not Alone

- ADHD and Coexisting Conditions
- ADHD and Disruptive Behavior Disorders
- The Relationship Between ADHD and Autism Spectrum Disorder
- ADHD and Sleep Disorders
- ADHD and Tics or Tourette Syndrome
- Session 4: What Everyone Should Know About ADHD