**'Understanding and connecting with your children' what has worked for you as a parent?**

- One to one is always better.

- More open problem solving - while walking the dog.

- Me breathing!! Just taking my time with her. Being really calm, not taking her anger personally.

- Trying to get down to the level of son.

- Lego, Minecraft, Being outdoors and building e.g. Sand Castles, Forrest Shelter.

- Reducing demands.

- Engaging with her through play is definitely most effective. She will reveal a lot through her imaginary friends.

- Trying to be led by our son regarding what he enjoys doing.

- To allow him space to express his emotions and understand that he is not like a "typical" child who calms with hugs. We need the activity and the sensory input to feel good.

- Toilet humour...! Finding things to laugh about, and use of distraction.

- Trying to prioritise rest and self-care.

- Seeing things from their perspective.

- Doing things together such as a walk, board games, going swimming.

- Focus on unique connection.

- One to one time, talking through the meltdown together afterwards to understand our son's perspectives.

- Observing body language and showing compassion and understanding. anxious about the JC exams. Just being there to support her along.

- Identifying more explicitly things that our child enjoys and how we could be more available to her during that.

- Understanding his need for calm and providing him with quiet space and relaxing times. Quiet, relaxing bedtime where we read with him is a key time for connection.

- Throwing a ball together, doing her hair (avoiding eye contact), telling stories at bedtime about people at work/my old days at school , letting her do my makeup.

- Bedtimes are a good time for me and daughter to connect. She is a sensory seeker so she enjoys when I rub her feet while she reads a story before bed.

- Using humour as a distraction.

**What resources have you found useful? (e.g. groups, books, websites, social media accounts...)**

Meditation

ADHD Ireland, AS I am.

I have gone through the Paiste team while waiting on Assessment of Needs

Books

Aha Gentle Parenting, Sensory Regulation, Naomi Fisher

ADHD Ireland Parent Talks

ADHD Ireland, age appropriate books

ADHD Ireland, AsIAm, Neurodiversity Ireland

this is me neurodiversity group.

ADHD Ireland, an excellent book is ADHD explained by Dr Edward Holloway.

Webinars

Your own book and articles, other books on SPD, chatting to other parents

Started an Asiam hang out group talking about mental health. Very positive response to this.

Kate Silvertown Still no such thing as naughty

OT Instagram accounts, adhd ireland, neuro-wild information sheets, other online resources.

OT supports, Asiam, parents of asd kids social pages.

seeing clinical psychologist ourselves for help with our parenting and personal work to reflect on our own parenting experiences

EverydayOT Instagram account

Social media parent groups - PDA specific