

'Managing challenges and problems' what has worked for you as a parent?

- understanding child's strengths and challenges
- reducing demands
- priorities for parents
- Adjusting your expectations and rules as a parent to de-escalate situations.
- Not reacting
- Spending time together as a family on a cycle, where we were guided by the children's choices, not our own schedule or preconceived ideas.
- doing "retrospective" after the meltdown has helped, both ourselves and our son. he's becoming more aware of the choices he has in how he reacts/behaves
- Our daughter is 4 and she responds really well to diversions - particularly starting to joke or play when she is getting stressed or reacting against doing something. Often she will 'forget' she was fighting us on the point and end up getting dressed/getting in the car etc easily vs. us 'forcing' compliance and the inevitable meltdown.
- I think taking a bit more time for kid to complete tasks
- Trying to press pause, discussing issues when calm and humour
- In terms of engaging with a PDA child, I say what I'm going to do, or what I want, then I wait for a response. It sometimes works. So for example, I know she's hungry and she needs to eat but if I tell her to eat, she'll get angry or if I even ask her 'are you hungry, do you want to eat', she'll get angry. So I say, for example, I say, "I've to stop here (in a coffee shop/shop) now for something to eat. I think I'll get an apple. I'm actually quite hungry." (Long pause)... Then she'll say, 'can I come in too' and that way I get to actually give her food! It doesn't always work but I'm finding it good at the moment. It also gives me a sense (and her) that I have needs too. That's good for both of us to remember!!
- Identifying triggers and trying to pre-empt situations e.g. on car journeys ensuring my son has his ear defenders / music player and headphones / book to hand; on collection from school ensuring I have a snack ready for my son straight away and not asking too many questions about his day but letting him lead the conversation if any; accepting that the only time he will be willing to have a proper chat with me is late at night before going to sleep...
- Tried the tough love approach - certainly didn't work... I now have learned not to talk in the morning, only after breakfast is eaten. And then very little talking. Have pop songs on the radio, lowly in the background. Don't have too many things on the table. Have stuff easily accessible in the fridge. And not to leave any open containers in the fridge, or balanced plates. Always check he has closed the lid on the milk after (without him noticing) as when taking stuff from the fridge, he often gives it a good shake. Don't say have a great day. A huge trigger as his reply is I never have a great /good / anything day. Just say I love you and see you later. Feed him immediately after school, but don't ask any questions. Leave the shoes, bike, bag etc where they land. About 3 hours after return from school - you can ask a question. Leave him 'chill out' on phone or bed after school. About 9pm he will start homework. He gets it done eventually. We can't have a row everyday over everything, so I've decided that he has to find his system that works for him.
- Using a soft tone and sometimes it will work to say would you like A or B.

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

Websites

ADHD Ireland Parent Talks

Priorities for parents

Books

Loved the podcast episode you shared after week 1

your own book; other books on SPD and ADHD

Mostly talks & chats from webinars

The Explosive Child (book), Parents Plus course previously.

Currently finding a book entitled "The Red Beast Anger Workbook" re anger management in autistic children very helpful and my son is responding well to it.

Facebook groups.

At peace parenting, ADHD dude to a degree but he doesnt support PDA aspect.