

# Risk, Resilience and ADHD

## Changing the Lives of Challenging Children

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Through the Eyes of  
Innocence



# How Will They Feel in Five Years?



# Preschool Graduation Part I



# Preschool Graduation Part II



Date \_\_\_\_\_

Dear mom and dad,

I missed the stamp party today because I had too many punches on my card. I got punches on my card for ...

Having lots of think times. I'm really sad.

I am going to do better in class from now on by..

listening to teacher and not going to think times.

Love, clayton

Parent Signature Jennifer Anderson

Parents: Please read, see attached stamp card, sign and return.

Please put any questions or comments on back.



# Clayton Cares

Mom and dad  
I love you more  
than you know.

---

to: Mom and dad  
from: your son, clayton

Neither the level of impairment nor the life outcome for those individuals with ADHD is very well predicted by the diagnosis, symptoms or treatments.

Symptom relief is necessary but far from sufficient to assure good adult outcome for ADHD.

Caregivers are the architects of the way in which experience influences genetically preprogrammed but experience dependent brain development.

Daniel Siegel  
*The Developing Mind*

The Symptoms of ADHD Lead to a  
Nearly Infinite Number of  
Consequences

ADHD acts as a catalyst fueling other developmental and environmental risk factors.

ADHD is a condition resulting from poor self-discipline. It reflects exaggeration of normal behavior.

# Self-discipline

- The ability to inhibit
- The ability to delay
- The ability to separate thought from feeling
- The ability to separate experience from response
- The ability to consider an experience and change perspective
- The ability to consider alternative responses

# Self-discipline

- The ability to choose a response and act successfully towards a goal
- The ability to change the response when confronted with new data
- The ability to negotiate life automatically
- The ability to track cues

Children with poor self-discipline  
aren't  
clue-less

They are unfortunately often cue-  
less!

Poor Self-discipline is synonymous  
with. . .

Poor Self-control

Poor self-discipline leads to

Impulsive behavior

# Conditions under which inattention is observed

- Repetitive
- Effortful
- Uninteresting
- Not chosen

# Conditions under which problems with consequences are observed

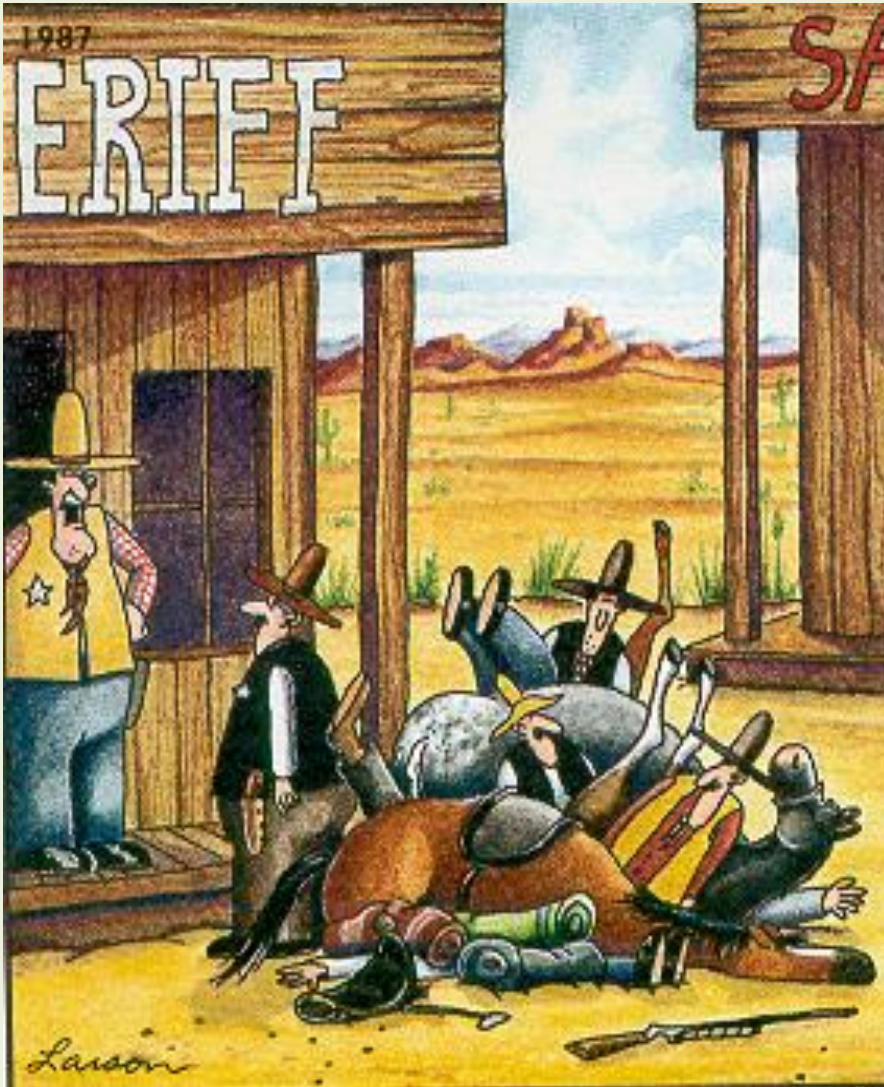
- Delayed
- Infrequent
- Unpredictable
- Lacking saliency

Adopt a learning to ride  
a bike mindset!

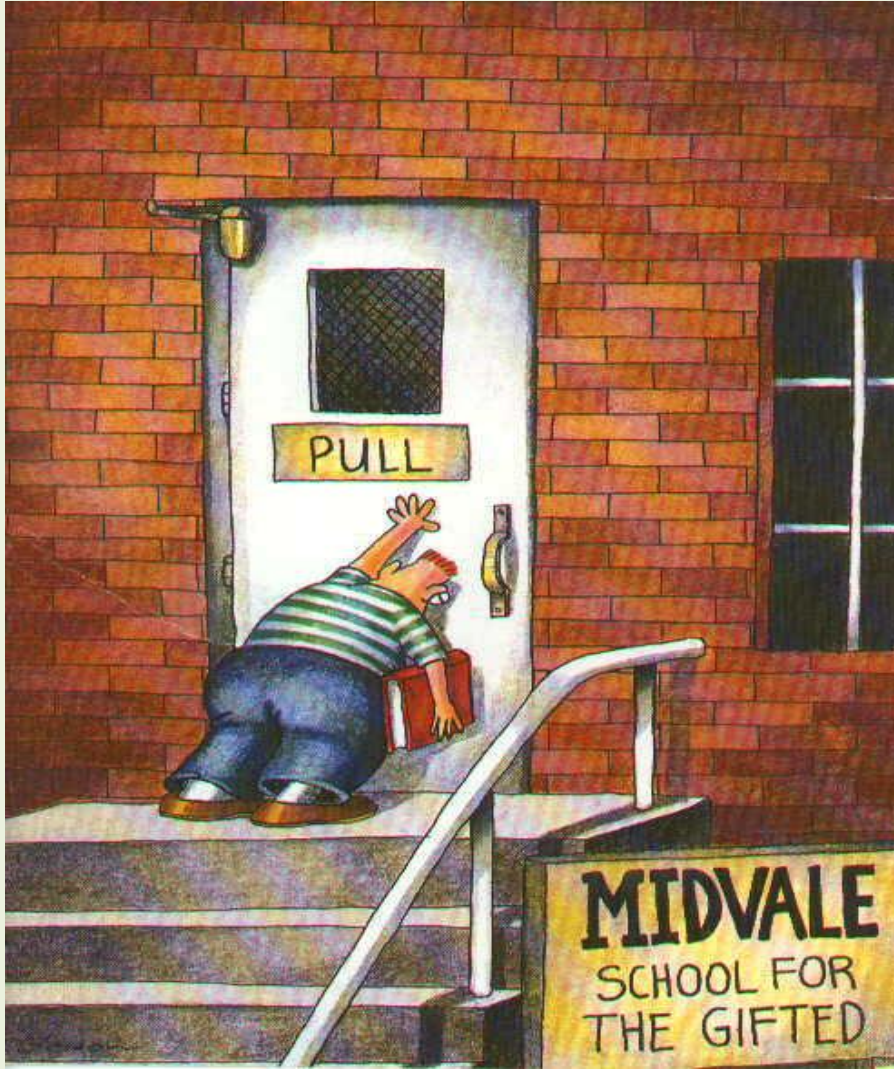
# Planning Processing

- Planning is a mental process by which a person determines, selects, and uses, and evaluates solutions
  - Selecting or developing plans
  - Using strategies to solve new problems
  - Impulse control and self-control
  - Self-monitoring
  - Self correction

# Good Planning?



“And so you just threw everything together ?  
Mathews, a posse is something you have to *organize*.”



An example  
of poor  
planning?

# Planned Codes

Legend:

A	B	C	D
XO	OO	XX	OX

Grid:

A	B	C	D	A
XO	OO	XX		
XO	OO			
XO	OO			
XO	OO			

- Child fills in the codes in the empty boxes
- Children are encouraged to think of a good way to complete the page

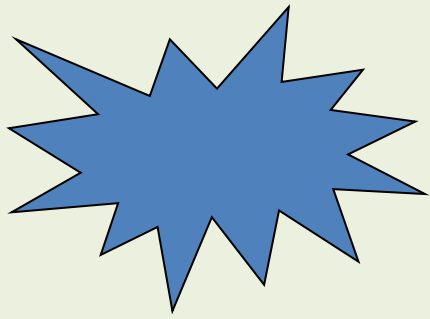
# Planned Codes

- Page 2
- What is a good plan to complete this page?
- Note orientation

A	B	C	D	
X O	O O	X X	O X	

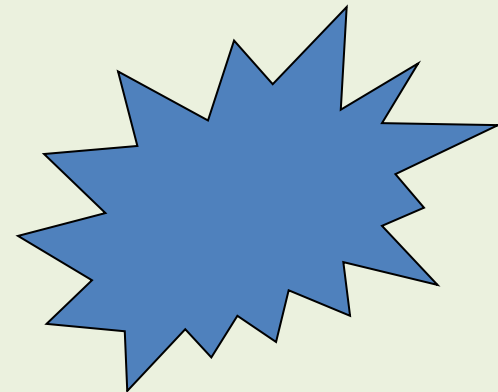
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A	B	C	D	A
X O	O O	X X		
D	A	B	C	D
O X	X O			
C	D	A	B	C
X X	O X			
B	C	D	A	B
O O	X X			



The consequence is worse than the  
symptom

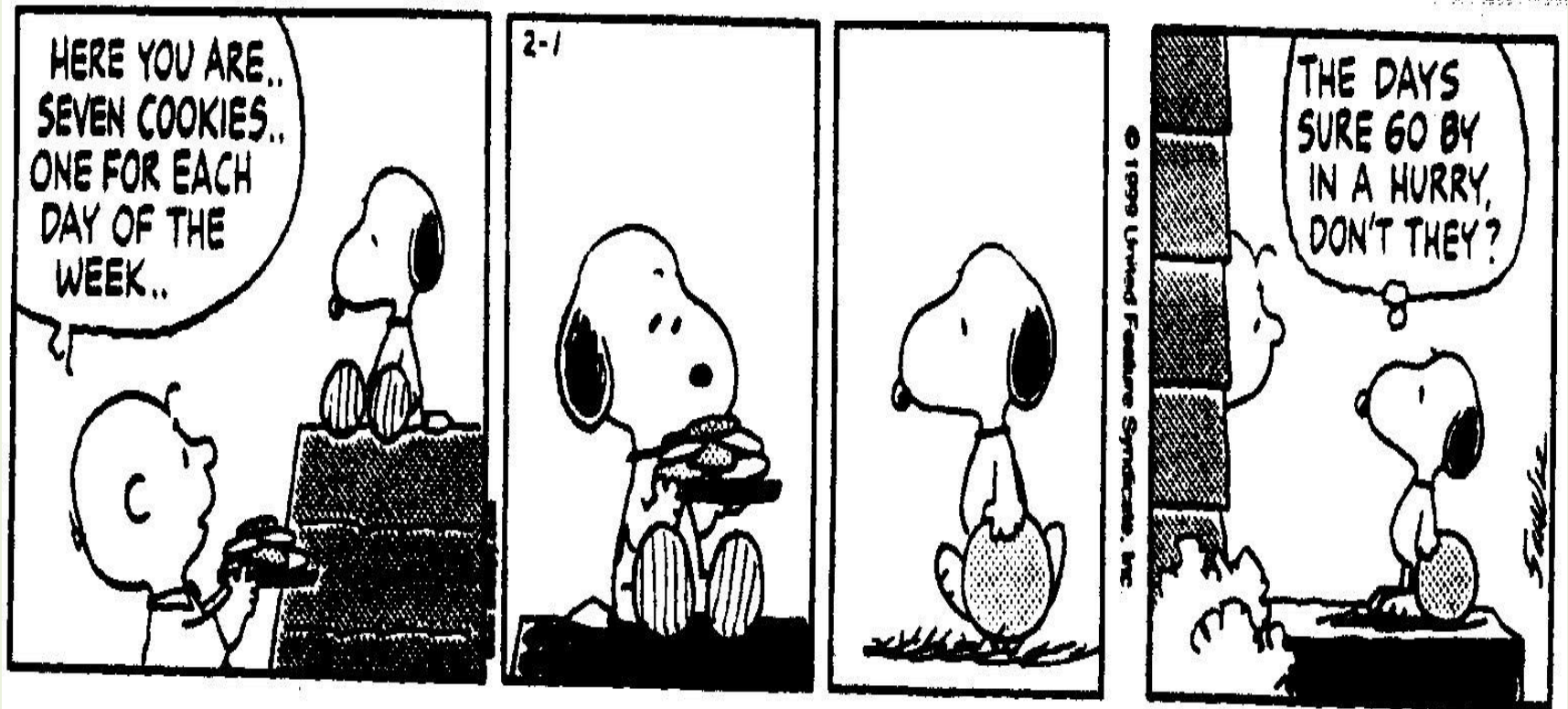
NEGATIVE REINFORCEMENT



# Language is the Key to Self-control



# Self-discipline is Important For All Species!



*Resilience* is a pattern of positive adaptation in the context of past or present adversity.

Good Coping = Resilience

“I’m not afraid about my girlfriends and myself, we’ll squeeze through somehow, though I’m not too certain about my math.”

Anne Frank  
June 21, 1942

“I have lots of courage, I feel so strong and as if I can bear a great deal, I feel so free and so young! I was glad when I first realized it, because I don't think I shall easily bow down before the blows that inevitably come to everyone.”

Anne Frank  
July 15, 1944

Resilience is a process focusing upon strengths to overcome adversity.

Resilient children are not simply born that way nor are they made from scratch by their experiences.

Genetic and environmental experiences loom large as protectors against a variety of risks to healthy development ranging from resistance to bacteria and viruses to resilience to maltreatment and rejection.

Kirby Deater-Deckard

# The Mindset of a Resilient Youth

- Optimistic and hopeful.
- Feel special and appreciated in the eyes of others.
- Set realistic goals and expectations.
- View mistakes, hardships and obstacles as challenges.
- Solve problems and make decisions.
- Internal locus of control.
- Believe you can and set out to solve problems.
- Possess empathy.

# An Unnecessary Outcome

DEAR GOD,  
I wish I could be  
better in School.  
Can you help me.

[www.samgoldstein.com](http://www.samgoldstein.com)

[www.raisingresilientkids.com](http://www.raisingresilientkids.com)

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