

ADHD Parent Coaching 6-Session Package



to schedule: 650.688.3625
or careteam@chconline.org

In just six ADHD Parent Coaching sessions, you can **change the dynamic** between you and your child with ADHD and **rediscover the joys of parenthood.**

In collaboration with a clinical expert, you will develop a personalized toolkit of strategies to:

- Set clear and consistent limits
- Implement an effective discipline system
- Foster growth mindset and accountability
- Communicate effectively to reduce conflict
- Assist with social skills
- Improve problem-solving and flexibility
- Build Executive Functioning skills

Create calm out of chaos and finally feel empowered to be the parent that you can be proud of and that your child deserves.