



Ask the Expert



**National
Resource
Center
on ADHD**
A Program of CHADD

Webcast Series

**Presented by the
National Resource Center on ADHD**



**National
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on ADHD**
A Program of CHADD

www.Help4ADHD.org
(800) 233-4050
Help4ADHD@CHADD.org

Ask the Expert

Stop the Chaos!

Tips for Creating a Peaceful Household When Mom Has ADHD



Terry Matlen, ACSW

**A recording of today's webinar will be
available in two business days at
www.Help4ADHD.org**



If you are having difficulties with asking questions or would like to talk with a Health Information Specialist

**Call the
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Please take our survey!

Send us your feedback about today's webinar! Following the webinar, a survey will appear on your screen.

Thank you for helping us plan future webinars that meet the interests of the ADHD community!



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Terry Matlen, ACSW

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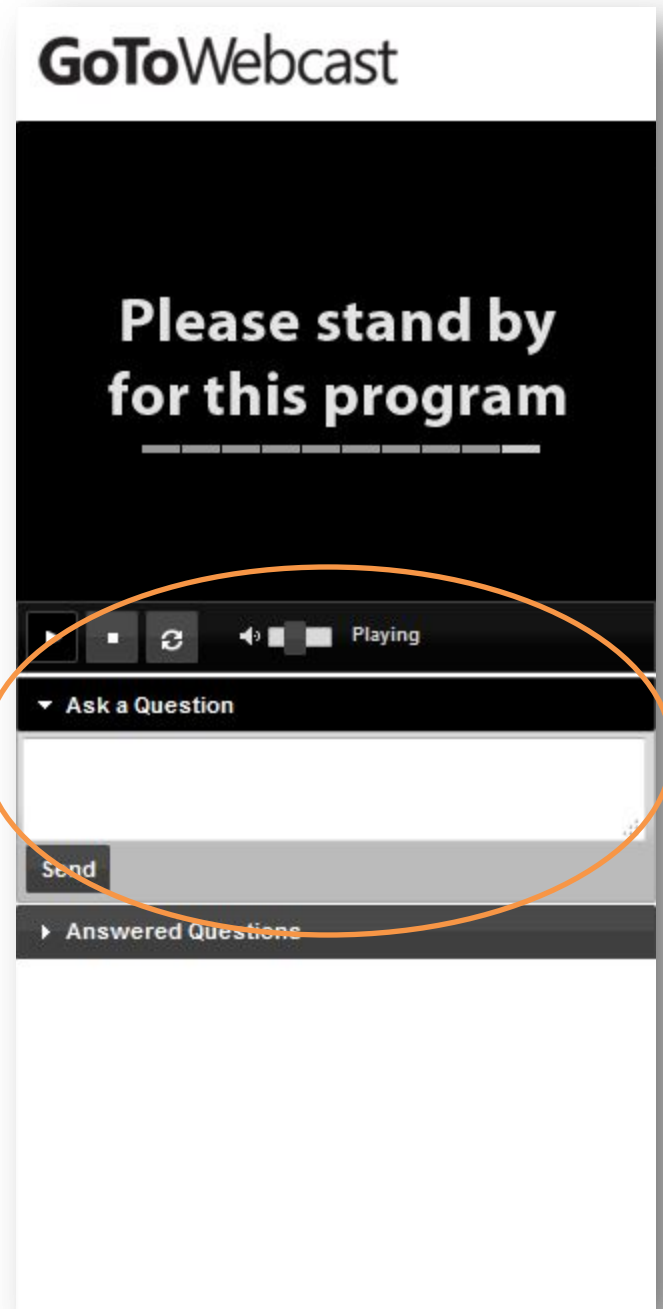


ADD CONSULTS

Helping Women with ADD get unstuck and on track

The National Resource Center on ADHD: A Program of CHADD is the nation's clearinghouse for evidence-based information on ADHD. This *Ask the Expert* webcast is supported by Cooperative Agreement Number NU38DD005376 from the Centers for Disease Control and Prevention (CDC) and does not necessarily represent the official views of the CDC. The National Resource Center on ADHD, CHADD and the CDC do not endorse, support, represent or guarantee the accuracy of any content presented or endorse any opinions expressed in this webcast.

To Ask A Question:





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Terry Matlen, ACSW

Introduction



Therapist, consultant, writer, speaker, coach.

Author of “The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done”, and “Survival Tips for Women with ADHD.”

Director: www.ADDconsults.com and www.QueensOfDistraction.com

**Served as vice-president of Attention Deficit Disorder Assoc.
Served as CHADD coordinator- Oakland County, MI
Have daughter with ADHD - Have ADHD myself**

Is This You?

- Board/Bored Games??
- What's for Dinner?
- Dirty Laundry Piles
- Panic Attacks at Grocery Store
- Can't Manage THE KIDS

Even “Experts” Screw Up



Purpose of Presentation

4+ Million Women

Most *have not been diagnosed* or have been *misdiagnosed*- usually with depression.

- Educate • Proper treatment • Re-frame • Switch Strategies

- ***Ditch the shame***

ADD is not a character disorder or sign of laziness. **It is a MEDICAL CONDITION.**

CHARACTERISTICS



restless *chatty* *creative* forgetful shy spacey
lethargic impulsive procrastinator disorganized
moody "idea person" over-reactive worrier
warm low self-esteem difficulty making decisions funny
hypersensitive to stimuli day dreamer
kind sensitive to touch, noise, smells
severe PMS hyper introvert over-reactive





ADHD...

**Is not an excuse; it's an
explanation**

Special Issues Moms with ADD Face



- Societal Expectations (Sari Solden's work)
- Work + parenting
- Stay at home moms
- Hormonal changes
- Balancing everything

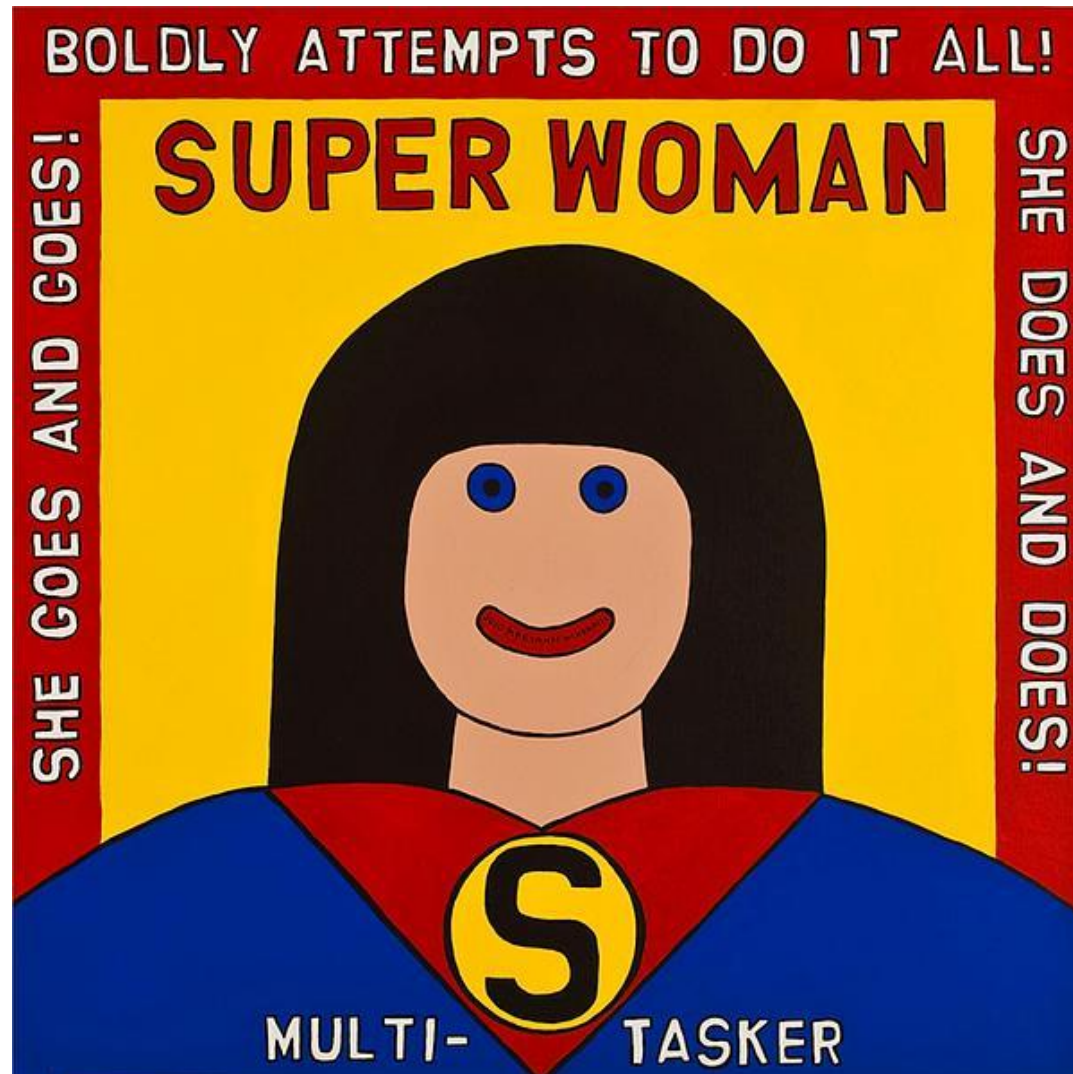


DO AS I SAY, NOT AS I DO

- If mom **procrastinates**
- If mom is **disorganized**
- If mom is **hyperactive**
- If mom is a **daydreamer**
- If mom is **over-reactive**
- If mom is **annoyed by stimuli**



How to Manage Living with ADD





EASE=

EDUCCATE

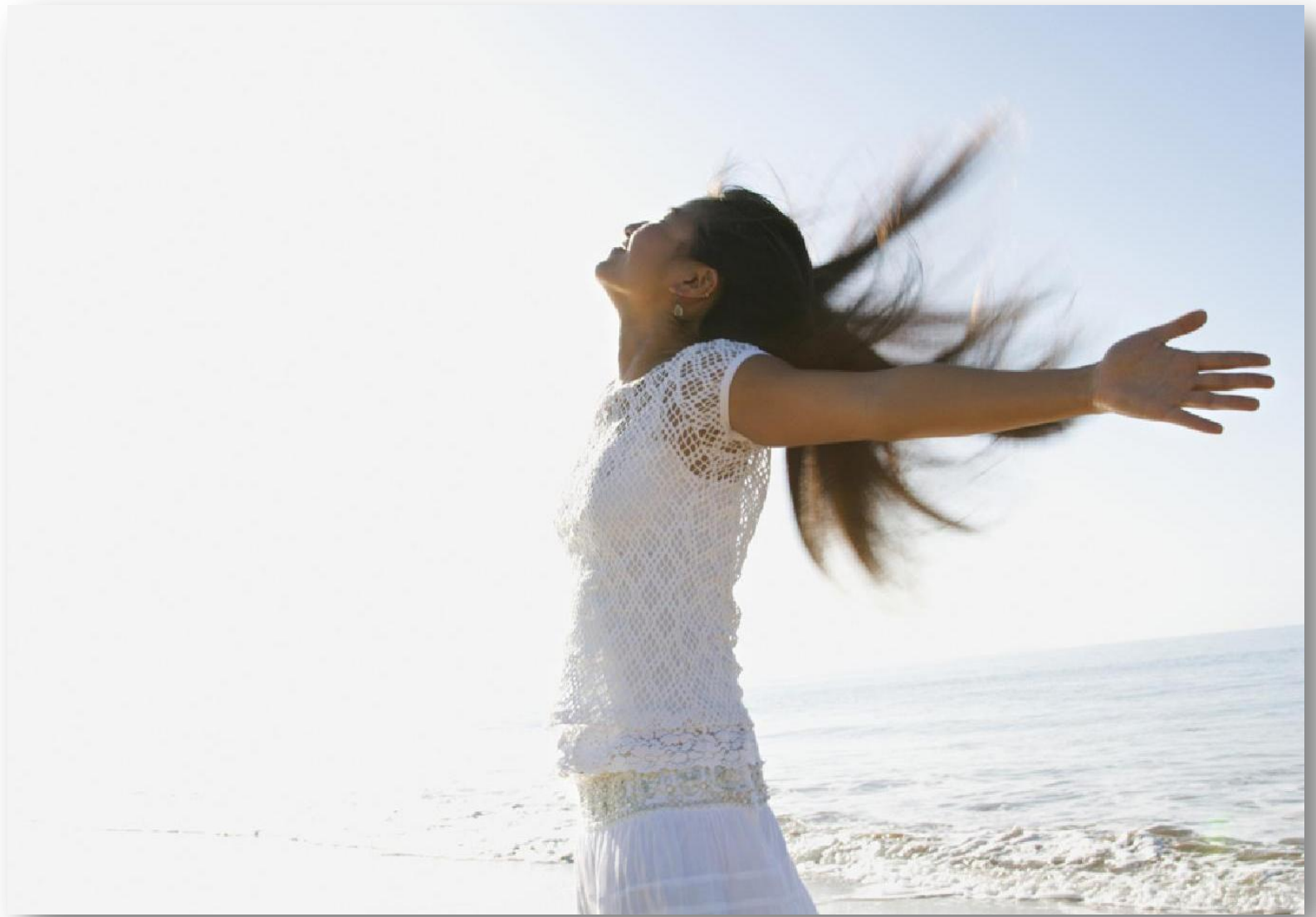
ACCCEPT

SIMPLIFY

ELIMINATE OVER-COMMITMENTS

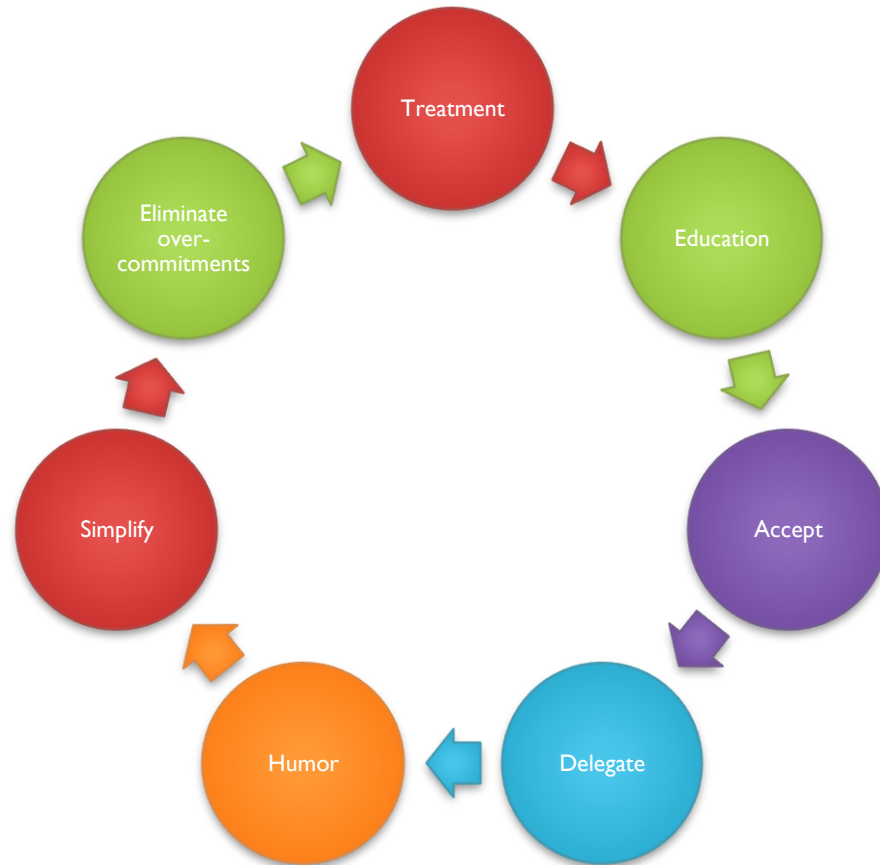




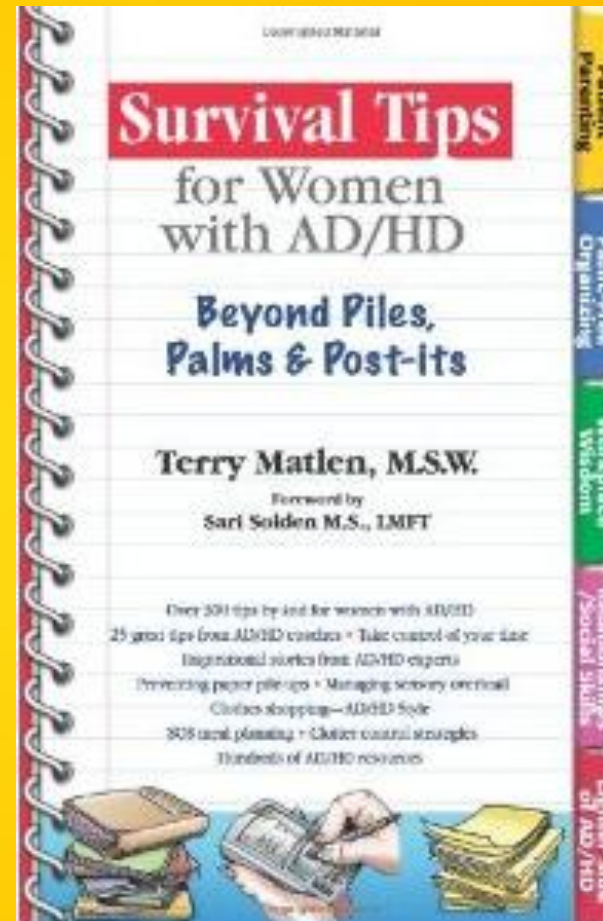
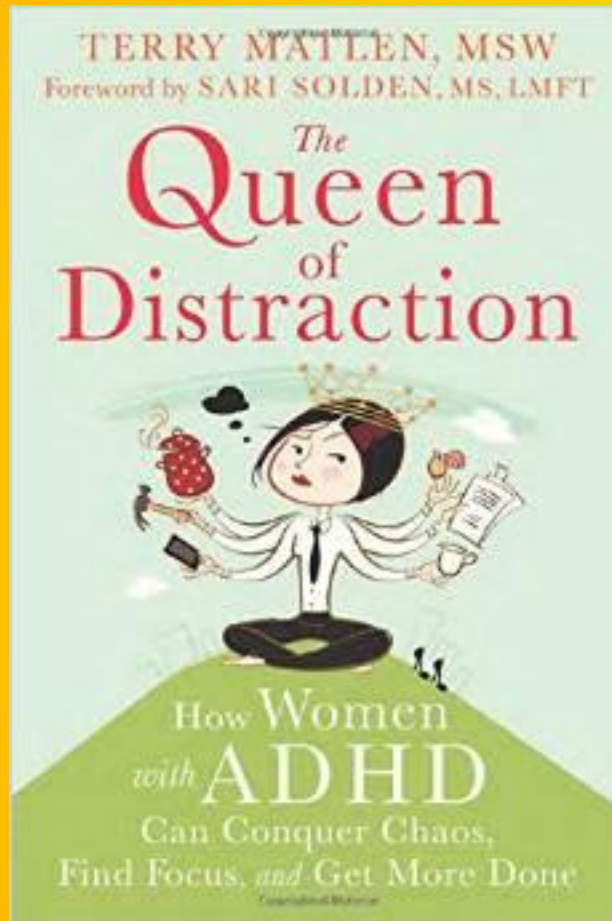




How to Manage ADD




Terry's Favorite Survival Tips



Meals



- 
- **Carry out**
 - **POS Plan**
 - **Smaller markets**
 - **Eat before the kids**

HOUSEHOLD TIPS




- 
- **Messy zones**
 - **MIF: Make it Fun**
 - **Routines**

Family- Parenting






- 
- **Problem solving**
 - **Remove yourself**
 - **Pick your battles**
 - **Homework**
 - **Listen before reacting**


Personal Tips



- 
- **Get Help!**
 - **Self-care**
 - **Down time is not a luxury**


Organizing



- 
- **Visual cues**
 - **Post-its/Notebook**
 - **Timer**
 - **Apps**

Mom at Work



- 
- **Flex time**
 - **Launch pad**
 - **Take a break before coming home**



Resources: websites

www.ADDconsults.com

www.QueensOfDistraction.com

www.Help4ADHD.org

www.MomsWithADD.com

www.myADDstore.com

www.ADHDpalooza.com

www.WomenADHD.com

<http://psychcentral.com/disorders/adhd>

www.Facebook.com/groups/womenWithADD

www.SariSolden.com



Resources: books

The Queen of Distraction Terry Matlen, ACSW

Survival Tips for Women with ADHD Terry Matlen, ACSW

Women with Attention Deficit Disorder Sari Solden, MS

ADHD According to Zoë Zoë Kessler

Understanding Women with ADHD Quinn and Nadeau

Moms with ADD Chris Adamec

Driven to Distraction Hallowell and Ratey

You Mean I'm Not Lazy, Stupid or Crazy?! Kelly and Ramundo

Confessions of an ADDiva L. Roggli



REMEMBER:

- Get the proper treatment
- Get support
- Focus on your strengths
- Re-frame yourself as a mom with an ADD brain- not someone who is lazy, incompetent or crazy
- Embrace your differences instead of hiding them



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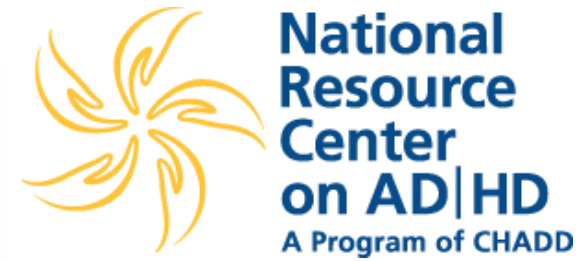
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What else can I do?

Complementary approaches to ADHD treatment

Register Now at
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