

Free and open to the public.

Topic:
**Helping Your
Child Manage
ADHD**



FSGC presents the

Real-World Parenting Series

**Thursday, November 21
6:30-8 p.m.
Family Service & Guidance Center
327 S.W. Frazier Ave.**

Free and open to the public.

Do you find yourself reminding your child to do the same chore over and over again? And can you tell from the grumbling and the eye roll that your child is tired of hearing it?

It's normal for children to occasionally forget their homework, daydream during class, act without thinking, or get fidgety at the dinner table. But inattention, impulsivity, and hyperactivity are also signs of Attention-Deficit/Hyperactivity Disorder (ADHD).

This installment in the Real-World Parenting Series will sort fact from fiction and give parents practical advice on how to help your child.

Parents will learn...

- What is and isn't ADHD?
- Three types of ADHD
- Common behaviors to watch for
- ADHD facts vs. myths

You'll also get practical strategies on...

- Parenting the child you have
- Setting kids up for success
- How to talk to your child about ADHD
- When to push and when to back off
- Skills and tips for improving attention
- Skills and tips for managing impulsive behavior

**This is a parents-only event; childcare will not be provided.
Seats are limited, first-come, first-served!**

Register today at [FSGCadhd.eventbrite.com](https://www.eventbrite.com).

If you have any questions about this event, please contact
Pam Evans at 785.232.7902 or pevans@fsgctopeka.com.



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