

ADHD PARENT COACHING AT ADHD WA

ARE YOU STRUGGLING TO FIGURE OUT THE NEXT STEPS TO SUPPORT YOUR CHILD WITH ADHD?

DO YOU FIND LIFE VERY CHALLENGING LIVING WITH YOUR CHILD WITH ADHD?

HAVE YOU LOST CONFIDENCE IN THE ABILITY TO PARENT YOUR CHILD WITH ADHD?

Parenting children with ADHD is recognised as being more challenging than parenting other children. Many of the traditional parenting strategies are not effective which leaves parents at a loss. As a professional dealing with these parents, you know that there are evidence based strategies which are proven to support these parents. However, there is often little time to spend with parents to teach them. Furthermore, often parents have personal limitations or parenting beliefs which impede adapting their parenting to a more effective style.

ADHD Parenting coaching supports parents by providing individually tailored education for their family needs. By providing the relevant education about their child's neurological development disorder, the parent is better positioned to take charge of their parenting role. This promotes a more confident parent who is able to make appropriate parenting decision while supporting their child with ADHD.

Parent coaching also guides parents to understand their parenting style and an understanding that some parenting styles are not as effective as others allowing them to adapt an authoritative style. An authoritative style is characterised by greater warmth with responsiveness along with appropriate behaviour limits and research demonstrates it to be the most effective when parenting children with ADHD.

Typically ADHD parent coaching takes from 6 to 8 sessions over a period of time ranging from three to six months for parents to learn to encompass new skills and strategies for parenting their child with ADHD.

Contact the Office to book your coaching sessions. We are open Mon-Fri 9:30 to 12:30

SUSAN HUGHES, M.ED., ACC.

Susan Hughes is an ADHD parenting coach who works with parents of children with ADHD to support the acquisition of evidence based parenting skills and strategies. During coaching, parents learn their strengths and weaknesses in parenting while supports the parents in changing parenting styles which are not working for them.

Susan completing a Master's in Education in 2018 by thesis. The thesis examined the effect parenting coaching had on parents of children with ADHD. The results showed that parent coaching may produce positive outcomes, including reduced parental stress, increased self-efficacy and parent mindfulness.



Susan qualified as a personal and business coach in Ireland in 2007 and is training in the "Parent as Coach" way since 2011. Susan also is a provider of ADHD parent training workshops. She found as a parent of a child with ADHD that it was really difficult to find appropriate support for families living with ADHD. Her own journey with her son has reinforced her view that early parenting information makes a positive difference to the child's outcomes and also keeping healthy relationships within the whole family.

Susan works one day a week from the ADHD WA office. She is a member of the ADHD WA management board.

Susan is an International Federation Coach (ICF) associate certified coach since 2018 which demonstrates the professionalism of coaching. ICF Credential-holders are part of a self-regulating group of coaches who provide accountability to clients and the coaching profession as a whole. They pursue and complete rigorous education and practice requirements that provide unquestioned legitimacy to their commitment to excellence in coaching.

Hughes, S. M. (2017). Coaching parents of children with ADHD: A Western Australian study. Retrieved from <https://ro.ecu.edu.au/theses/2031>