

# Community Education Service

## 25 Things Kids with ADHD

Wished Their Parents & Teachers Knew About ADHD

**Presenter: Brent Macdonald**, Ph. D., Lead Psychologist  
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**May 22, 2019**

**Session: 11:00 am - 12:30 pm**

**Sign in: 10:45 am**

Alberta Children's Hospital  
Kinsmen Learning Centre (4th floor)  
2888 Shaganappi Trail NW

Session is **FREE**  
of charge/  
Parking fees  
may apply/  
Limited child  
care available,  
call  
(403) 955-2500

**\*\*Register: <http://community.hmhc.ca/>\*\***



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Most parents of kids and adolescents who have ADHD try very hard to be compassionate and understanding of the nature of ADHD and its various effects on behaviour, mood, academic performance, and so on. What we can all forget, sometimes, is that somewhere in there is a kid who understands ADHD better than anyone else. This presentation is based on hundreds of conversations with kids with ADHD and their response to the basic – but critically important – question “What do you wish others knew about you and your ADHD?” Using their own words is a great place to engage in truly understanding the condition and developing more effective ways to work with kids, adolescents, and young adults who have ADHD while also framing the symptoms in a much more positive manner, so the focus is on strengths as opposed to focusing on the negative effects of ADHD. Strategies developed in collaboration with kids with ADHD will also be discussed.

**Level I:** This session presents an overview of ADHD and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and [Macdonald Psychology group](#).