

ADHD IN REAL LIFE

What to Know, What Matters, and What You Can Do

What we see on the outside
is often the downstream result
of what a child cannot
reliably access on the inside.

FREE 45-minute parent education presentation + Q&A

For PTSAs, schools and community groups

What does ADHD look like in everyday life?

ADHD is often described in terms of attention, hyperactivity and impulsivity. But in everyday life, it can be much broader—and more nuanced—than many of us realize.

WHAT WE'LL EXPLORE



THE MANY WAYS ADHD CAN SHOW UP IN A CHILD OR TEEN

Why ADHD can look very different from one child to another.



WHY A CHILD CAN SEEM SO INCONSISTENT

How a child can know what to do, be capable of doing it, and still have difficulty doing it reliably.



WHAT MAY BE HAPPENING BENEATH THE SURFACE

How attention, executive functioning, motivation, emotion, energy and other factors can affect everyday functioning for children with ADHD.



HOW PARENTS CAN RESPOND

Practical ways of thinking about expectations, support, accountability and independence when ADHD is part of the picture.



WHO IT'S FOR

This presentation is for anyone curious to learn more about ADHD and how it shows up in everyday life.



ABOUT THE SPEAKER

Theresa Demeter, MHA ADHD Parent Educator & Coach

Credentialed ADHD parent educator and coach with 30+ years of parent education experience, combining professional knowledge with lived experience parenting a child with ADHD.



BRING ADHD IN REAL LIFE TO YOUR PARENT COMMUNITY

Available for PTSA, school and community presentations.



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