



Course Overview

Is life at home a little chaotic and stressful? Throughout this course, family members will learn about obstacles to creating an ADHD-friendly home environment and strategies to create an ADHD-friendly home environment to help ensure the success of children with ADHD.

CHADD (the National Resource on ADHD) has developed this course to provide educational information and support to individuals and families who are dealing with ADHD and learning to navigate the challenges of ADHD across the lifespan. This self-paced course was modeled after CHADD's exclusive Parent to Parent: Family Training on ADHD program.

Throughout the course, family members will learn how ADHD affects children's self-control, behavior, and communication within the family and strategies to improve the home environment through communication, behavior, and organization strategies. Parents will also have access to the CHADD ADHD online community, customized to promote collaboration, information sharing, and support to parents of children.

Session 0 – Introduction

- This session serves as an introduction to the course and contains information about course navigation and the objectives of the course.

Session 1 – Obstacles

- This session will provide you with information about the obstacles to creating an ADHD-friendly home environment. With a greater understanding of obstacles that you and your family may face, the better prepared you will be to create an ADHD-friendly home environment.

Session 2 – Strategies

- This session will provide you with strategies for creating an ADHD-friendly home environment.

Session 3 – Course Wrap-Up

- This session is a conclusion to the course. You will receive a completion certificate if you have completed all of the necessary components in the course.

Throughout the course, opportunities are provided for you to connect your learning across sessions and to explicitly consider the implications of your learning for your classroom practice. You will also be able to revisit your work and reflections by viewing your individual Course Portfolios.