

I Would Like To Help Your Child Succeed

I am Elaine Lerner, MSW, CSW, ADHD Parent Trainer. I received my Masters Degree in Social Work from Fordham University. I have over 25 years of experience working with children in the school system and in my family practice. My experience extends from working on school based assessment and evaluation teams to managing and designing 504 Plans, school accommodations and participating in individual educational planning meetings.

My specialty is helping families of children with ADHD and Oppositional Defiant Disorder to develop parent management skills.

I have been trained in the Russell A. Barkley, PHD behavioral management approach. Dr. Barkley is an internationally renowned expert and author of numerous books on this subject.

I will be offering my Parent Trainings using the "Barkley Approach".

Elaine Lerner, MSW CSW

How to get started →

Getting Started

Parents & Grandparents

Call me for a complimentary one-half hour phone interview to determine if you are a candidate for the training or ADHD Coaching. I am happy to announce a new, exciting specialized additions: ***NEW: Social Skills Coaching for Tweens & Teens, Adolescent Family Training as well as my Grandparent Training***

Educators

Call me to discuss the referral of a parent or to schedule an on-site training for your school or district.

Physicians

Call me to research how my trainings could be an added resource for families with ADHD children.

This could be the new beginning for a child to have a better chance at success in school, at home and in social settings.

Please contact me:

Email:

Elaine@adhdparenttrainer.com



www.adhdparenttrainer.com

**Elaine Lerner, MSW, CSW
ADHD Parent Trainer
Garden City & Melville, NY
516-487-0636**

Attention Deficit Hyperactivity Disorder

**ADHD
PARENT
TRAININGS**

**Raising
a child
with
ADHD is
no easy
task.**

**Now you can
learn
techniques to
give your
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What Parents Should Know About ADHD

ADHD is one of the most common childhood developmental behavioral disorders. It affects up to 5-7% of the school age population and accounts for the largest proportion of children referred to mental health programs in this country.

ADHD can be managed through a combination of medical and behavioral treatment modalities.

ADHD is a developmental disorder and involves five primary problems in a child's ability to control behavior:

- Impulse Control or Inhibition
- Difficulty Sustaining Attention
- Excessive Activity
- Difficulty Following Rules and Instructions
- Excessive Variability in their Responses to Situations

I provide a Basic and Adolescent parent training to help parents and grandparents develop child behavior management skills.

I offer Adolescent Support & Social Skills groups to provide a supportive and learning environment for their unique needs.

I advocate in schools for children to receive educational accommodations.

I provide individual, couple and family coaching to help families and children cope with family stress.

What Professionals Should Know About ADHD

Many times these children have secondary problems of Oppositional Defiant Disorder (ODD), Conduct Disorder (CD), anxiety disorders, language disorders and/or depression which could result in poor school performance, low academic achievement, learning disabilities and social/emotional impairment.

I provide on-site staff trainings to help professionals better identify and manage children with ADHD and ODD.

The Two Trainings

Drawing upon Dr. Russell Barkley's work with parents, teachers and children, the trainings explain the characteristics of ADHD, when it becomes a problem and how it can be managed.

The parent trainings stress consistency and cooperation, while promoting change through a system of praise and rewards. Parents learn tools and strategies for establishing clear patterns of discipline by communicating with children on a level they understand. This can reduce overall family stress.

SOCIAL SKILLS COACHING FOR TWEENS & TEENS

The needs of children with ADHD are unique and can be very challenging. Providing a safe, supportive environment for them to share their feelings and experiences, make connections, improve communication and relationship skills as well as preparation for middle & high school, college or a career are the objectives of my groups.

Basic Training

Parents of Children Ages 4-10

- Why Children Misbehave
- Increasing Compliance by Paying Attention
- When Praise is Not Enough: Poker Chips and Points
- Small Group Workshop
- Anticipating Problems: Managing Children
- Improving School Behavior from Home **The School Report Card**
- Improving Work at School
School Accommodations, 504 Plans, School Communications
- Developing an Individualized Behavioral Management Plan

Adolescent Training

Parents of Children Ages 11-17

- Problematic Adolescents "Paying Attention and Developing a New Relationship"
- Communication skills and unreasonable belief systems
- The behavioral contract
- Problem solving through negotiations and building peer relationships
- Managing ODD behavior
- Developing a Homework Management Plan
- Improving work at school, "School Accommodation Plan and 504 Plans"
- Developing an individualized behavioral management plan