

SUPPORTING A CHILD WITH ADHD: KEYS AND SOLUTIONS FOR DAILY LIFE

For parents, educators, and caregivers of children with ADHD

Understand ADHD and transform daily challenges into opportunities for growth

Duration : 4 hours	Modules : 4 modules
Lessons : 15 lessons	Audience : Parents, educators, and caregivers
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

www.dynseo.com/nos-formations | contact@dynseo.com | 09 66 93 84 22

Course description

This training provides you with clear guidelines to understand Attention Deficit Hyperactivity Disorder (ADHD) and its implications for daily life. You will learn to recognize the different profiles (inattentive, hyperactive-impulsive, mixed) and their manifestations, as well as to implement concrete strategies to improve concentration, channel energy, and establish soothing routines. Through practical advice and tailored tools, you will know how to support the child at school and at home while maintaining a calm and positive family environment. You will leave with concrete solutions that are easy to apply in daily life to help the child better manage their difficulties, strengthen their self-confidence, and promote their development.

Module summary

MODULE 1	Understanding ADHD	3 lessons
MODULE 2	Strategies for Better Living with ADHD	3 lessons
MODULE 3	The Role of the Family	3 lessons
MODULE 4	DYNSEO to Support a Child with ADHD	6 lessons

Learning objectives

Learning objectives

- Understand ADHD, its symptoms (inattention, impulsivity, hyperactivity), and its different forms
- Identify the impact of ADHD on school life, social relationships, and family life
- Establish effective routines: visual schedules, broken-down tasks, reminders, and checklists
- Value successes and encourage the child rather than sanctioning them
- Use play and physical activity as levers to channel energy and enhance learning
- Develop strategies to improve concentration: calm environment, short instructions, varied supports
- Promote autonomy through gradual responsibilities and guided choices
- Maintain a serene family atmosphere through clear rules, compassionate communication, and shared quality moments
- Discover how the COCO THINKS and COCO MOVES app from DYNSEO can help children with ADHD progress in a fun and stimulating way

General information

Duration	4 hours
Target audience	Parents, educators, teachers, childcare professionals, and anyone supporting a child with ADHD
Prerequisites	None, training accessible to all adults
Pricing	Upon request - VAT not applicable (article 261-4-4° of the General Tax Code)
Certification	Qualiopi - Certificate of completion

Training provider

DYNSEO - Registration number: 11757351875

Lesson 1 - Symptoms: inattention, impulsivity, hyperactivity

- Inattention: difficulty concentrating, forgetfulness, frequent distractions
- Impulsivity: reacting without thinking, interrupting others, acting before considering consequences
- Hyperactivity: constantly on the move, genuine need to move
- Variability in profiles: not all children display all three symptoms
- A child with ADHD is not lazy or disobedient

Lesson 2 - The different forms of ADHD

- Inattentive ADHD: little hyperactivity, seems 'spaced out', often unnoticed
- Hyperactive-impulsive ADHD: constantly moving, visible disruptive behavior, identified earlier
- Combined ADHD: most common form, attention difficulties AND hyperactivity-impulsivity
- Variations by age: young children show motor restlessness, adolescents inner restlessness
- Gender differences: boys identified more often, girls often diagnosed late

Lesson 3 - Impact on school and family life

- At school: difficulty keeping up, incomplete work, results don't reflect abilities
- At home: tension during homework, arguments with siblings, difficult routines
- Parental fatigue and guilt
- Emotional consequences: child feels misunderstood, rejected, criticized
- Loss of self-confidence requiring supportive guidance

Lesson 1 - Effective organization and routines

- Visual planning with pictograms and colors
- Fixed routines for key moments: waking up, meals, homework, bedtime
- Break tasks into small steps and prepare in advance
- Use visual reminders: checklists, post-its, pictograms
- Value every success to boost motivation

Lesson 2 - Games and activities to channel energy

- Regular physical activities: sports, swimming, dancing, cycling
- Short motor games at home: running, jumping rope, obstacle courses
- Combine movement and learning: math with a ball, mimed vocabulary
- Role-playing and imaginative games
- Active breaks during homework: alternate 10 min work / 2 min movement

Lesson 3 - Enhancing concentration and attention

- Distraction-free environment: clear desk, quiet place
- Break work time into chunks: 10-15 minutes with a timer
- Clear and short instructions, broken down into steps
- Vary the materials: seeing, hearing, manipulating
- Fun attention exercises: find the intruder, puzzle, 'Simon says'

Lesson 1 - Maintaining a reassuring framework

- Clear and simple rules: 3-4 essential rules formulated positively
- Consistency in the application of rules and routines
- Announced transitions using visual timer
- Value successes more than sanction failures
- Separate behavior from the child's personal worth

Lesson 2 - Encouraging autonomy

- Assign small age-appropriate responsibilities
- Let the child try by themselves and accept imperfect results
- Provide simple choices to develop decision-making skills

- Value successes, even small ones
- Turn mistakes into learning opportunities and adjust expectations

Lesson 3 - Maintaining a serene family atmosphere

- Kind communication: speaking calmly, listening, managing conflicts constructively
- Shared quality time: meals without screens, walks, games, rituals
- Respect each person's pace with quiet time
- Manage parental stress: rest, sharing emotions, asking for help
- Value small positive moments rather than pointing out problems

MODULE 4

DYNSEO to Support a Child with ADHD

6 lessons

Lesson 1 - The COCO THINKS and COCO MOVES application

- Over 30 games to stimulate memory, attention, language, and logic
- Sports breaks every 15 minutes: child moves, dances, mimes to release energy
- Balanced alternation between cognitive stimulation and physical activity
- Game examples: Mole Invasion (inhibition, reactivity), Balloon Pop (precision, selective attention)
- Fun motivating tool transforming screen time into useful learning moments

Lesson 2 - Specific online tools for children with ADHD

- Pocket Reminder, ADHD Action Plan, Energy Thermometer, My Daily Routine
- My Warning Signals: traffic light system to recognize loss of control
- Calm Down Cards: 12 de-escalation techniques (breathing, body, mental, sensory)
- Active Break Cards: short physical exercises 1-3 minutes between activities
- Visual Timer, Motivation Board, Stop-Think-Act traffic light for impulsivity control

Lesson 3 - Practical case studies - Part 1

- Case study 1: The morning chaos (Lucas, 8 years old, mixed ADHD)
- Case study 2: The explosion during homework (Emma, 9 years old, inattentive ADHD)
- Case study 3: The meltdown at the supermarket (Théo, 6 years old, hyperactive-impulsive ADHD)

Lesson 4 - Practical case studies - Part 2

- Case study 4: Conflicts with siblings (Léa, 7 years old, mixed ADHD)
- Case study 5: Difficulty falling asleep (Nathan, 10 years old)
- Case study 6: Difficulties at school (Inès, 8 years old, inattentive ADHD)

Lesson 5 - Summary and 8 key principles

- Anticipate and prepare, use visual aids
- Break down and simplify tasks
- Incorporate movement and intervene early at warning signs
- Value efforts, work as a team
- Be patient and consistent

Lesson 6 - Final quiz

- Assessment of knowledge acquired throughout the training
- Review of key concepts and strategies
- Validation of learning objectives

Teaching methods

- 100% online training accessible 24/7 from any device
- Self-paced learning with video lessons and practical exercises
- Downloadable tools and resources for immediate application
- Case studies and concrete examples from daily life
- Final quiz to validate acquired knowledge
- Certificate of completion upon successful completion