

ADHD CHILD AT HOME:

ADVANCED STRATEGIES FOR MANAGING IMPULSIVITY AND OPPOSITION

For parents seeking concrete tools and neurocognitive understanding

Transform daily challenges into opportunities for growth and connection

Duration : 5 hours	Modules : 6 modules
Lessons : 19 lessons	Audience : Parents of ADHD children
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This comprehensive training provides parents with a deep understanding of ADHD neurocognitive functioning and concrete intervention strategies. You will learn to identify triggering situations, detect warning signs before crises, and implement immediate adaptations tailored to each type of behavior. Through practical tools and educational coherence between home and school, you will build a firm yet caring framework. By the end of this training, you will have mastered techniques to manage impulsivity, opposition, and emotional overflows while supporting your child's development.

Module summary

MODULE 1	ADHD in Daily Life: Understanding the Origin of Behaviors	5 lessons
MODULE 2	Identify Risk Situations and Prevent Overflows	4 lessons
MODULE 3	Intervening During Challenging Behavior	5 lessons
MODULE 4	Building Educational Coherence and Working with the School	4 lessons
MODULE 5	DYNSEO Applications to Support Your Child	1 lesson
MODULE 6	Final Quiz	Assessment

Learning objectives

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- Understand the neurocognitive functioning of ADHD: attention in bursts, inhibition deficit, neurological need to move
- Identify the three common types of behaviors: motor agitation, impulsivity, opposition and provocations
- Recognize the 5 categories of triggering situations and detect warning signs of overflow
- Implement immediate adaptations: breaking tasks into micro-steps, visual routines, timers, anticipations
- Apply positive reinforcement according to the 3 to 1 rule and structure the environment effectively
- Differentiate agitation, emotional crisis, and voluntary opposition to adapt your intervention
- Adopt the right posture during a crisis and use immediate intervention techniques
- Manage specific situations: verbal provocations, systematic refusals, throwing objects, power struggles
- Support post-crisis recovery: verbalization, repair, return to routine, rebuilding the bond
- Build home-school coherence with aligned rules, visual tools, and consistent framework
- Establish structuring routines and monitor progress with weekly tracking charts
- Recognize when to consult a specialist and identify available resource professionals

General information

Duration	Comprehensive training divided into 5 progressive modules
	Parents of ADHD children who wish to deepen their understanding of the disorder and develop

Target Audience	concrete strategies to manage impulsivity, opposition, and difficult behaviors at home
Prerequisites	None
Price	Upon request – VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi – Training completion certificate
Training Provider	DYNSEO – Activity declaration number: 11757351875

Lesson 1 - Neurocognitive Functioning of ADHD

- ADHD is a neurodevelopmental disorder affecting executive functions
- Attention works in bursts, not due to lack of willpower
- Strong focus on passions, quick disengagement from unchallenging tasks
- External distractors capture attention despite the child's efforts

Lesson 2 - Inhibition Deficit and Impulsivity

- The neurological brake is faulty in the ADHD child
- Manifestations: speaking before thinking, getting up from table, interrupting
- Impulsivity leads to reactions without evaluating consequences
- Quick verbal responses, sudden gestures, intense emotional reactions

Lesson 3 - Understanding Hyperactivity

- Hyperactivity is a neurological need to move, not just restlessness
- Movement helps the ADHD brain stay focused
- Prolonged immobility is physically uncomfortable
- Moving is not a choice but a necessity

Lesson 4 - The Three Types of Common Behaviors

- Motor agitation: twisting, tapping, manipulating objects, frequent movements
- Impulsivity: interruptions, responses without thinking, disproportionate emotions
- Opposition and provocation: categorical refusals, negotiations, outbursts of anger
- These behaviors reflect neurological difficulty, not a personal attack

Lesson 5 - Impact of Emotions

- Emotions felt with disconcerting intensity and speed
- Strong feeling of injustice and omnipresent frustration
- Sensitivity to remarks and comparison with others
- Accumulated cognitive overload leads to end-of-day crash

Lesson 1 - The 5 Categories of Triggering Situations

- Long or seemingly pointless tasks: repetitive homework, tidying up
- Unexpected transitions: sudden stop of screens, change of schedule
- Sensory overload: noise, lights, crowded places, uncomfortable clothing
- Vague instructions and end-of-day cognitive fatigue

Lesson 2 - Warning Signs of Overflow

- Importance of intervening before the crisis to facilitate de-escalation
- Physical signs: increasing agitation, facial tension, rapid breathing
- Verbal signs: rising tone, short sentences, beginnings of insults
- Behavioral signs: isolation, nervous manipulation, intensifying provocations

Lesson 3 - Immediate Adaptations

- Break tasks into micro-steps and guide step by step
- Set up visual routines with pictograms and sequence of actions
- Use timers for homework, tidying up, and screen time
- Structure the environment: quiet corner, noise-canceling headphones, color codes

Lesson 4 - Active Prevention

- Apply the 3 to 1 rule: three positive remarks for one negative
- Plan regular micro-breaks every 15-20 minutes
- Offer active breaks to move or calm breaks to refocus
- Establish 3-5 simple, visible, positively stated rules with images

Lesson 1 - Differentiating Types of Behaviors

- Agitation: physiological need to move, channeling without confrontation
- Emotional crisis: internal overflow, calming and securing, not reasoning
- Voluntary opposition: testing limits, firm framework with limited choices
- Adapt your response according to the type of behavior identified

Lesson 2 - Your Posture, First Intervention Tool

- Maintain calm proximity: approach gently, get to eye level
- Use short phrases when overwhelmed and low, firm voice
- Your calm regulates your child's emotional state
- Do not try to reason during crisis, wait for calmness

Lesson 3 - Immediate Intervention Techniques

- Divert attention towards an acceptable action
- Offer limited choices: two acceptable options to maintain control
- Provide active or calm breaks as needed
- Use sensory resets and create a calm box with sensory objects

Lesson 4 - Managing Specific Situations

- Verbal provocations: remain neutral, verbalize emotion, propose positive outcome
- Systematic refusals: accept emotion, maintain framework, propose gradual adjustment
- Object throwing: ensure safety, set limits, apply consequences
- Avoid power struggles: recognize signs, take step back, de-escalate

Lesson 5 - The Post-Crisis and Reconstruction

- Verbalization: name facts objectively, recognize emotion without moralizing
- Repair: propose concrete restitution to restore bond
- Return to routine: move on, give opportunities to succeed again
- Transform each crisis into a learning opportunity

MODULE 4

Building Educational Coherence and Working with the School

4 lessons

Lesson 1 - The Importance of Home-School Consistency

- Essential stable reference points for the ADHD child
- Align main rules, positive reinforcement, crisis management, visual tools
- Communicate regularly with school: share what works, ask about practices
- Stay constructive without blaming or comparing

Lesson 2 - Building a Coherent Framework at Home

- Visual rules: 3-5 positive rules illustrated by pictograms
- Possible paths cards: visual alternatives for managing emotions
- Clear reinforcement system: immediate, concrete, progressive rewards
- Structuring routines with visual display of morning and evening steps

Lesson 3 - Monitoring and Adjustments

- Set up simple observation system: successes, difficulties, contexts, patterns
- Use weekly chart: what worked, what was difficult, what to try
- Gradually adapt strategies: test 2-3 weeks, observe, adjust
- Value child's progress specifically and highlight natural strengths

Lesson 4 - When to Consult a Specialist

- Warning signs: deterioration despite efforts, emotional distress, social exclusion
- Recurrent dangerous behaviors, school dropout, associated disorders
- Your own exhaustion is a signal to take seriously
- Resource professionals: pediatric neurologist, child psychiatrist, specialized psychologist, neuropsychologist

MODULE 5

DYNSEO Applications to Support Your Child

1 lesson

Lesson 1 - COCO THINKS and COCO MOVES

- Application for children aged 5-10 with 30+ educational games
- Stimulation of cognitive functions: working memory, attention, concentration
- Regular alternation between screen time and active breaks
- Designed for inclusion: DYS disorders, autism, ADHD with adjustable levels

MODULE 6

Final Quiz

Assessment

Teaching methods

- 100% online training, accessible from your computer or tablet
- Progress at your own pace, whenever you want, without time constraints
- Illustrated visual rules, possible paths cards, positive reinforcement system
- Morning and evening routines, sensory reset techniques, calm box
- Weekly tracking chart to monitor and adjust strategies
- Bonus: Discovery of COCO THINKS and COCO MOVES applications
- Training completion certificate provided at the end

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