

Parenting the Elevated Energy Child





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ADHD: 3 SUBTYPES

Inattentive

Hyperactive

Combined

ADHD CHARACTERISTICS

INATTENTION

- **Makes careless mistakes**
- **Difficulty holding attention**
- **Appears not to be listening**
- **Fails to complete tasks**
- **Difficulty organizing tasks**
- **Difficulty sustaining mental endurance for lengthy periods**
- **Often loses necessary materials**
- **Easily distracted**
- **Often forgetful**

HYPERACTIVITY

- **Fidgets with or taps hands/feet**
- **Leaves seat at inappropriate times**
- **Runs or climbs at inappropriate times**
- **Unable to participate quietly in activities**
- **“On the go” as if driven by a motor**
- **Often talks excessively**
- **Often blurts out answers before questions are complete**
- **Has trouble waiting his/her turn**
- **Often interrupts/intrudes on others**



High Energy



Adventurous

Leadership



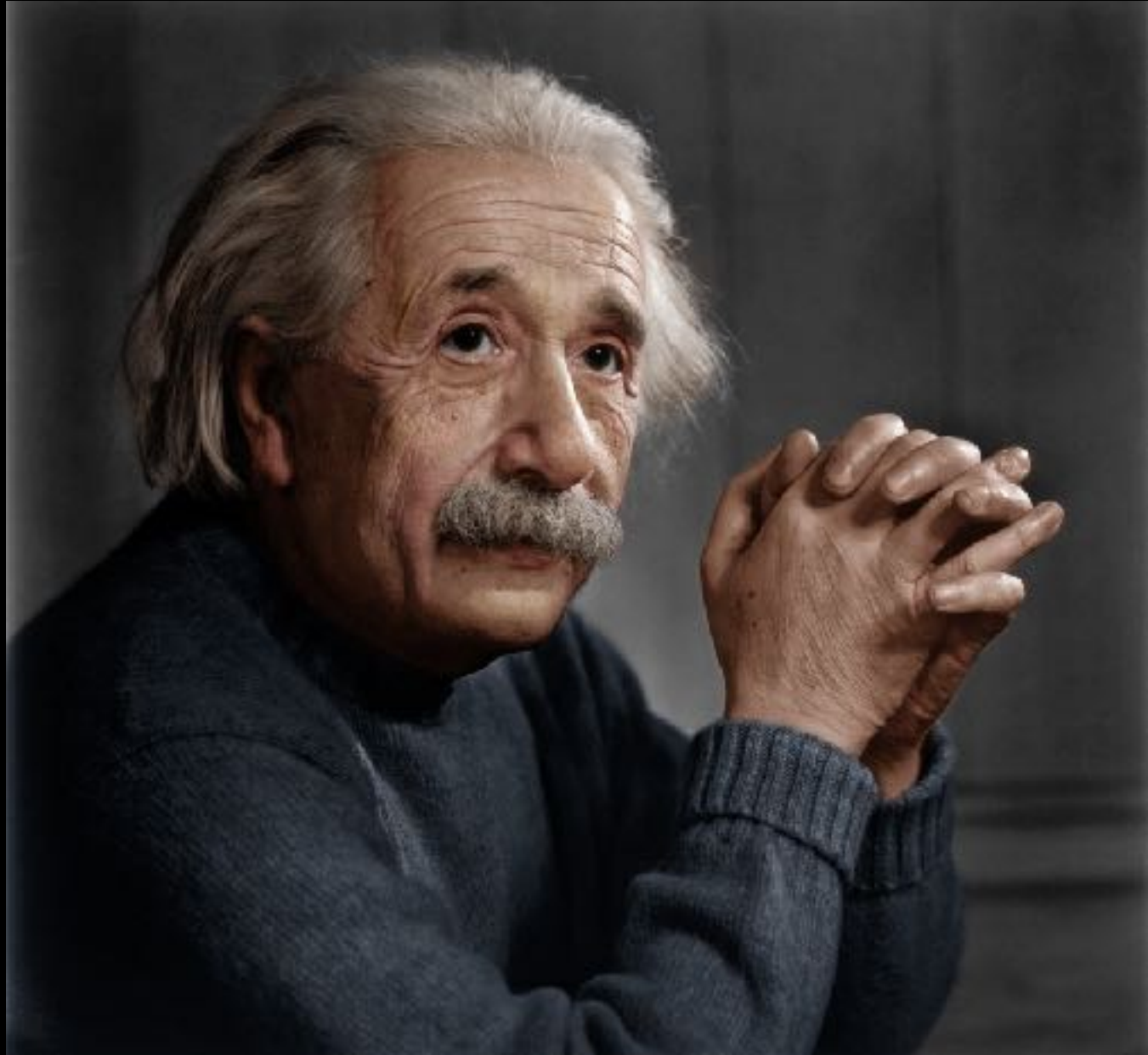
Innovation





Creativity

Hyperfocus



Hunter-Farmer Hypothesis

Thom Hartmann



**The CDC reports that as of 2011
11% of U.S. children ages 4-17
had been diagnosed with ADHD.**

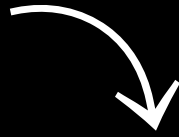


That is 6.4 million children.

What if...

ADHD is not a disorder
but simply
a neurological type?

NEEDS



Task
Initiation

Response
Inhibition

Working
Memory

Metacognition

Time
Management

EXECUTIVE FUNCTIONS

Sustained
Attention

Emotional
Control

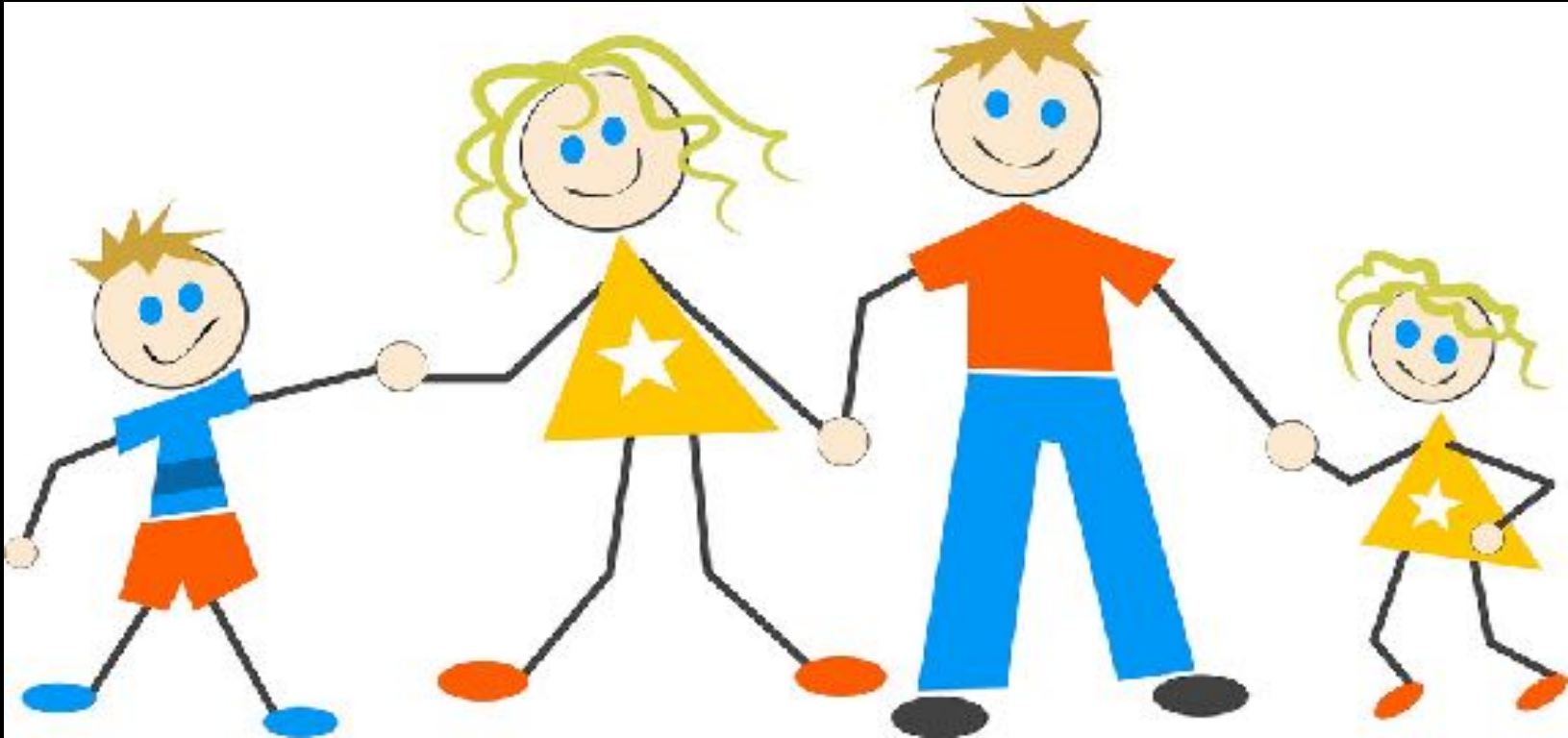
Flexibility

Organization

Goal-
Directed
Persistence

Planning &
Prioritization

Adaptability Anxiety
Energy Capability
Problem = Opportunity



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