

OnTrac: A CBT Based Program for Parents of Children with ADHD – Empowering Families to Navigate ADHD Together

Understanding ADHD and Its Challenges

Attention Deficit Hyperactivity Disorder (ADHD) is a complex and prevalent neurodevelopmental condition that affects people across their lifespan. While some children may experience a reduction in symptoms as they grow, ADHD often persists into adolescence and adulthood, impacting daily life in significant ways. Understanding and managing ADHD requires a comprehensive approach, particularly for parents navigating their child's needs.

Key Areas of Impact

ADHD commonly manifests in various aspects of life, including:

- **Inattention:** Difficulty sustaining focus, following instructions, or completing tasks.
- **Impulsiveness:** Acting without thinking, interrupting, or struggling with delayed gratification.
- **Hyperactivity:** Constant movement or restlessness, particularly in structured settings.
- **Organisation and Planning:** Challenges with time management, prioritisation, and meeting deadlines.
- **School/Work Performance:** Struggles with academic or workplace expectations and task completion.
- **Compliance with Rules and Expectations:** Resistance to structure, often due to difficulty understanding or following rules.
- **Self-Regulation:** Struggles in managing emotions, behaviours, and reactions to stress.
- **Relationships and Socialisation:** Difficulties maintaining friendships or family relationships due to impulsivity or emotional dysregulation.

Parenting Challenges

Parenting, while rewarding, is a demanding responsibility. For parents of children with ADHD, the journey comes with added layers of complexity. Children with ADHD may require more patience, understanding, and tailored approaches to ensure they thrive.

Why ADHD Parenting Is Unique

Each child with ADHD has a unique set of challenges, and their needs can change over time. ADHD symptoms often fluctuate depending on external demands, stress, and support systems. This variability makes it essential for parents to adopt flexible, evidence-based strategies that address their child's specific challenges while nurturing their independence and emotional resilience.

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The Role of Parenting Programs in ADHD Management

Parenting programs like OnTrac are an integral component of a multidisciplinary ADHD management strategy. Research shows that these programs not only improve children's behaviour but also enhance parents' confidence and emotional well-being. By equipping parents with actionable tools, such programs reduce stress and create a foundation for long-term success.

Core Objectives of the OnTrac Parenting Program

The OnTrac Parenting Program is designed to empower parents to navigate the complexities of ADHD with confidence. The program's core objectives include:

1. **Managing Behaviours**
Parents will develop practical skills to address challenging behaviours constructively. This includes recognising triggers, implementing effective interventions, and reinforcing positive behaviours.
2. **Understanding ADHD**
A strong foundational understanding of ADHD equips parents to better support their child. OnTrac covers the causes, symptoms, and varied presentations of ADHD, dispelling myths and providing clarity.
3. **Encouraging Cooperation**
Learn strategies to foster your child's cooperation and compliance with rules and expectations without resorting to conflict or punitive measures.
4. **Creating Harmony**
Build a positive family environment using:
 - Positive parenting techniques that emphasise encouragement over criticism.
 - Consistent and clear guidance to reduce confusion and establish boundaries.
 - Values-based discipline that teaches accountability while respecting your child's unique needs.
5. **Resolving Conflicts**
Parents will gain tools for collaborative problem-solving and assertive communication, enabling them to address conflicts effectively while modelling healthy interpersonal skills for their children.
6. **Reshaping Expectations**
Unrealistic expectations can inadvertently lead to frustration and tension. OnTrac helps parents set achievable goals for their child, fostering a mindset of growth and adaptability.

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Program Format

The OnTrac Parenting Program is thoughtfully designed to meet the needs of busy parents. Delivered entirely online, the program provides:

- **Pre-Recorded Video Modules:** Each module focuses on a specific topic, offering flexibility for parents to learn at their own pace. Modules can be revisited as needed for ongoing support.
- **Comprehensive Workbook:** A detailed workbook accompanies the program, enabling parents to apply what they've learned in real-world settings. It provides exercises, reflection prompts, and practical strategies tailored to ADHD parenting.

The workbook is available for purchase separately through the University of Western Australia Press (UWAP). **Purchase Link:** [What Lies Beneath Matters](#)

Why Choose OnTrac?

OnTrac is more than just a parenting program; it's a pathway to empowerment. Parents will gain the knowledge, skills, and confidence to advocate for their child, foster a supportive home environment, and create meaningful connections within their family. With an evidence-based approach, OnTrac ensures that every strategy is grounded in research and real-world application.

Contact Information

If you have any questions or need further information about the program, please reach out:

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