



A research informed program for children, adolescents and their parents

# SPARK YOUR POTENTIAL

This 6-week program focuses on developing **executive function skills** for **primary school-aged children together with their parent/carer.**

## Program Details

### PRIMARY SCHOOL AGED CHILD

**Date: Monday 22 April - Monday 10 June (7 Weeks)**

*No program on 3 June Public Holiday*

**Time:** 4:30pm - 6:00pm

**Location:** Meerilinga Children and Community Service Cockburn

**Address:** Winterfold Child Care Centre, 219 Winterfold Rd, Coolbellup WA 6163

**Cost:** \$90 for membership with ADHD WA and \$60 for the full course = \$150 per program

The **first session** on Monday 22 April is solely for parents and carers introducing them to the program. The remaining 6 sessions are for the primary school aged child and 1 parent/carer to attend with them.

### TO REGISTER



Scan the QR code or visit [www.adhdwa.org/spark-telethon](http://www.adhdwa.org/spark-telethon) and complete the **Application Form - SPARK Telethon Program**

## Weekly Focus Areas:

- Understanding ADHD and executive function, goal setting
- Maximising wellness, working together
- Getting a system in place for homework
- Managing barriers to application and follow through
- Prioritising, deadlines, and getting down to work
- Projects, tests, making notes, and study sessions

## Participants will be Equipped to:

- Set goals collaboratively (parent/carer + child)
- Improve motivation and wellness for both parent/carer and child
- Develop a clear system for tracking homework tasks
- Use scaffolding and support to ensure there is a clear framework for organisation tasks
- Address blocks to completion of homework and organisation tasks
- Complete homework sessions by prioritising, breaking tasks down, and checking in at the end

