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| A picture containing diagram  Description automatically generated | **ESP *Pre-Req 1:***  **Explaining ADHD to your Child** | Logo, company name  Description automatically generated |

A picture containing text, businesscard, screenshot, vector graphics

Description automatically generated

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Graphical user interface, timeline

Description automatically generated

Plan out a time you wish to discuss ADHD with your Child…

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What specific realities do you intend on sharing with your Child?..

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What specific areas of difficulty for your Child will you focus on? How can you speak about these areas with a growth mindset?..

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