ADHD SUPPORT AUSTRALIA

DIGITAL PARENTING PROGRAM
Course Outline

Week 01 — WHY DIGITAL PARENTING?

- Lesson 1 - Building Blocks of a Healthy Brain
- Lesson 2 - The Power of Screens
- Lesson 3 - Our Brains on Screens
- Lesson 4 - It's Not All In Your Head
- Lesson 5 - Defining Digital Parenting

Week 02 — PLAN FOR SUCCESS

- Lesson 1 - Taking Stock
- Lesson 2 - Ready for Action
- Lesson 3 - Telling Your Young Person
- Lesson 4 - Preparing to Reset

Week 03 — GETTING STARTED

- Lesson 1 - Creating Healthier Digital Habits
- Lesson 2 - Becoming a Coach
- Lesson 3 - Managing Meltdowns
- Lesson 4 - Restore Interests
- Lesson 5 - Reconnect Your Family

Week 04 — HOLD THE LINE

- Lesson 1 - Checking In
- Lesson 2 - Coping with stress
- Lesson 3 - Keep Going
- Bonus Lesson - The Importance of Sleep & Optimising Sleep

Week 05 — TROUBLESHOOTING

- Lesson 1 - Collaborative Problem Solving
- Lesson 2 - Facetime - Supporting Your Young Person's Social Skills
- Lesson 3 - Reflection Time

Week 06 — BACK TO THE FUTURE

- Lesson 1 - Creating your Healthy Digital Lifestyle Plan