



- **Powerful Heart-Based Tools to address ADHD**
- **by Dr. Scott Turansky**

- Download the infographics for church leaders and the electronics infographic here:



- Get your free eBook "Equipping Children to Self-Regulate Their Emotions" here:



ADD and ADHD are Biological Challenges

Three Causes for Behavioral Challenges According to the Bible

- Biological (ADHD, Autism, Bipolar, tired, hungry, etc)
- Reactive (PTSD, RAD, ODD, arguing with a No Answer)
- Spiritual (Identity, Personality, Self Concept)

Three Principles To Understand

- Parents are the best counselors for their children if they have a good plan.
- A Heart-Based Approach is Better than Reward/Punishment
- Training is Better than Correction Alone.

Practical Steps

- Identify the target heart quality to give you focus on where you're going.
- Train using the 7 tools. Keep in mind that the recipe is different for each child.



Notes:

Relationship

Firmness

Visioning

Teaching

Prayer

Coaching

Transferring Responsibility