

Panel of Experts

Tiny Habits for Parenting Kids with ADHD

Presented by Tiny Habits® Academy

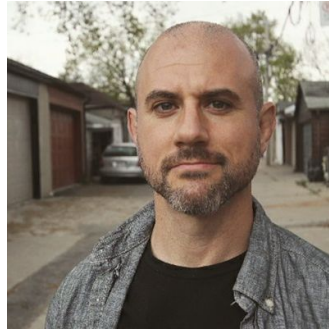
Tiny Habits for Parents of Kids with ADHD Experts



Host and Moderator
Andrea Spyros



Sarah Levine



Geoff Girvitz



Val McKinley



You will:

- **Learn the Tiny Habit Method**
- **Learn successful Tiny Habit recipes**
- **Feel more empowered**
- **Have access to more resources and support**



Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Sarah Levine

Habit & Personal Change
Coach

Tiny Habits Certified Coach

Sarah's 3 Tiny Habit Recipes

1

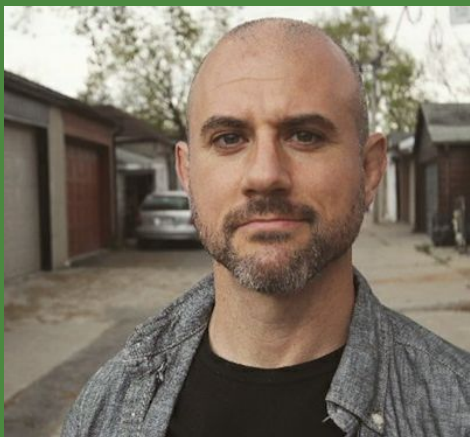
After I realize my child is pushing my buttons, **I will** give myself a time out.

2

After I see my child is emotionally overwhelmed, **I will** co-regulate with them.

3

After I my child finishes their schoolwork, **I will** show them the chart of what they need to prepare for the next day.



Geoff Girvitz

Host of Dad Strength
Podcast & Founder of Bang
Personal Training

Tiny Habits Certified Coach

Geoff's 3 Tiny Habit Recipes

1

After I notice I am feeling upset, **I will** tell myself: Life is happening right now.

2

After I see my child for the first time in the morning, **I will** look him in the eyes, smile and say, “Good morning.”

3

After I notice I’m trying to control too much, **I will** ask myself: What would happen if I let it go?



Val McKinley

Life Coach

Tiny Habits Certified Coach

Val's 3 Tiny Habit Recipes

1

After I realize my child and I are at an impasse, **I will** offer her two choices. (ex: go on a walk or read, back rub or a hug)

2

After I sit at the table with my child, **I will** take three deep breaths with her.

3

After I see my child put her head on the pillow, **I will** ask her to say two gains from the day.



Go to TinyHabitsAcademy.com:

- Find a coach
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach