

Sample Letter: School Avoidance/Refusal



ADHD DUDE
REAL HELP. RIGHT NOW.

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Dear Eric,

We love you very much. You are thoughtful, curious, fun to be with, and talented with your videos. Every year since you've been in school, your teachers have commented that you ask great questions and are helpful to your classmates. You have shown that you will make it happen when you want to accomplish something. You are a loyal and great friend to your friends.

As your parents, we recognize that we have been doing some things at home that could have been more helpful to you. We love you too much to continue to allow you to miss school, and we take responsibility for the amount of school you have missed this year.

Here are the things that we will be changing because we want the best for you and want you to feel successful:

1. Moving forward, if you choose not to go to school, your phone will be shut off during the school day. Additionally, the home internet will be turned off as well. No schoolwork or homework will be done during the day, only after school.
2. If you do not attend school that day, your internet access will be removed for 24 hours.
3. If you do not attend school, Grandpop, Aunt Tina, James from your youth group, and Dad's friend Jim will contact you because they care about you and want the best for you. They will only offer you their support and ask how they can help you.
4. If you refuse to go to school, we will no longer discuss why you don't want to go; we will no longer plead with you or negotiate to get you to go. We will remind you of your choices once and let you decide what you want to do.
5. We will not respond to your threats or destroy things in the home. If we feel that your behavior is unsafe, we will call the police as we have done in the past because, as your parents, it is our job to protect you and your sister.
6. If you refuse to go to school, your friends will be notified and will contact you or stop to see you.
7. If there is anything you feel we can do differently to help you get to school, we want to hear your thoughts. We want you to be successful and will do whatever we can to help you.

We love you very much and know that you can do this.



Sample Letter: Physical Aggression

Dear Emily,

We love you very much. You are thoughtful, curious, and fun to be with, and a great artist. Every year since you've been in school, your teachers have commented that you ask great questions and are helpful to your classmates. You are often a great big sister to Kyle.

Mommy and Daddy have been doing some things at home that have not been helpful to you, like allowing you to hit us or Kyle when you get upset or angry. We love you too much to allow you to treat our family that way so we can make changes.

Here are the things that we will be changing because we want to be better parents for you and want you to feel successful:

1. Grandpop Joe, Aunt Mary, and Cousin Julie know about your hitting us and Kyle; they are very concerned about you. They will call you when you are having difficulty with hitting because they care about you and want to help you.
2. From now on, when you are hitting us or Kyle, we are not going to try to calm you down or talk to you about your feelings. Instead, we will pick you up and bring you to a different room where you will stay until you are ready to be safe around our family again. This is not a punishment but a way to keep us all safe.
3. After your brain has calmed down, you will not keep talking about what got you to the point of hitting. Instead, you will do a "clean up" to help improve things. You can decide what the cleanup will be, or we can decide together; that is up to you, and it will be done.
4. Starting tomorrow, you and Kyle will have a daily expectations chart of things that need to happen each day to earn iPad time. One of your daily expectations will be no hitting. If you chose to hit us or Kyle that day, you have chosen not to earn iPad time that day.

We are making these changes because we love you and want to be the best parents we can be. Most importantly, we want you to feel successful because we know how successful you can be.

We love you very much and know that you can do this.

Sample Letter: Property Destruction



ADHD DUDÉ
REAL HELP. RIGHT NOW.

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Dear Jack,

I love you very much. You are fun to be with, a fantastic cartoonist, and have a talent for building things. Most importantly, you show how much you care about me and others.

I have been doing some things at home that have not been helpful to you, such as allowing you to curse me and cause damage to our home when you're not getting what you want. I understand that, at times, I have made you angrier than you already were when I try to talk to you about your feelings when you're already mad. I love you too much to allow you to treat me or our house that way so I can make some changes.

Here are the things I will be changing because I want to be the best mom I can be and for you to feel successful:

1. When you curse at me, threaten me, or cause damage to our home, the following people will contact you: your Dad, Colleen, and Grandpop. They will contact you when you have difficulty treating me or our house respectfully because they care about you and want you to succeed.
2. Starting tomorrow, you will have a list of 6 daily expectations you will have to meet to earn computer time each day. Three expectations will be for helping around the house, and three will be for behavior. Computer time is no longer something you can do whenever you want; it's something you will earn. If you choose to meet the daily expectations, you have chosen to have computer time that day; if you choose not to meet them, you've chosen not to have computer time that day.
3. When you curse at me, threaten to break things, or cause damage to our home, I will no longer tell you how I understand why you're so mad or ask what I can do to improve things. From now on, I will go to another room and not respond to your behavior until your brain is calm. I am not ignoring you; I'm just not responding to your words or behaviors.
4. If you break something, you will need to do a clean-up, which will involve doing some of the chores I usually do. That will be needed to improve things since you broke something you did not pay for, but I did.

I am making these changes because I love you and want to be my best mom. Most importantly, I want you to feel successful because both your Dad and I know how successful you can be.

I love you very much and know that you can do this.

