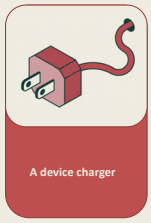
MomMA Check-In

1

Before we begin, make sure you have...


A device charger


Your MomMA packet


Something to write with

2

Plan For Today:



- Revisit goals
- Celebrate progress and successes
- Overcome challenges
- Reintroduce previously learned strategies
- Develop new solutions

3





Remember!

Taking care of yourself will also help you to be a better parent.

4

MomMA Strategies

- ❑ Scheduling pleasant activities
- ❑ Prioritizing tasks and pulling in supports
- ❑ Identifying/challenging unhelpful thoughts
- ❑ Creating a schedule
- ❑ Mindfulness and emotion regulation

5

Progress and Goals

- How have things changed since our first session? Where have you seen progress?
- Have you noticed anything new about your ADHD symptoms after having your baby?
- What is going well right now?

6

Strategy Check-In

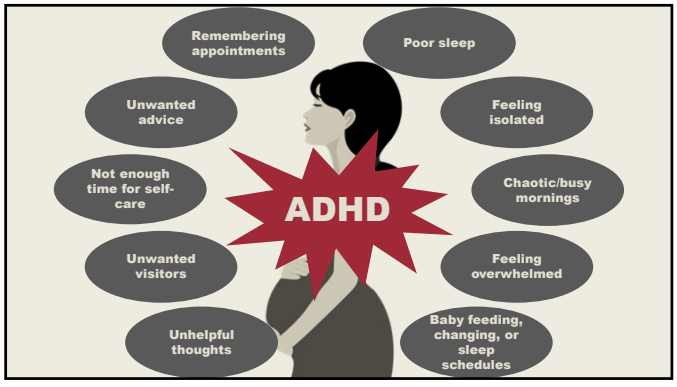
- Are there any strategies that you found particularly helpful?
- Are there any strategies that made the transition to parenthood easier or less daunting?
- How have your routines changed after having a baby?

7

Overcoming Challenges

- What current challenges are you facing?
- As challenges have come up, have you been able to use the skills we talked about previously?
- Are there any strategies that you *want* to use but have found challenging?

8



9

MomMA Strategies

- ❑ Scheduling pleasant activities
- ❑ Creating a schedule
- ❑ Identifying/challenging unhelpful thoughts
- ❑ Prioritizing tasks and pulling in supports
- ❑ Mindfulness

10

Future Goals

1.
2.
3.
4.

11

If parenting feels hard it's because it IS hard, not because you're doing it wrong.

ParentsTogether

Remember!

- New responsibilities bring new challenges
  - Can be overwhelming! This is normal
- Dealing with changes and challenges:
  - Lower your expectations
  - Reframe your thinking
  - Shift your priorities
  - Use self-compassion

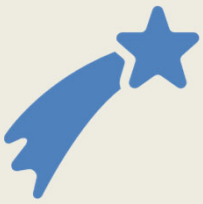
12

How do you feel about your ability to:

- Use the strategies that we have covered in the MomMA program?

1 2 3 4 5 6 7 8 9 10

13



Congratulations!

14

If you need assistance in the future

- Reschedule with therapist to discuss additional MomMA check-in(s) and/or mood changes.
- 3 optional strategies:
  - **PRIDE Skills** — Build attachment during play
  - **The PASTE Model** — Problem-solving with the PASTE model
  - **Decision-Making** — Overthinking and strategies for decision-making

Magee Behavioral Health
(412) 641-1238

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PRIDE Skills
Build attachment during play

The PASTE Model
Problem-solving with the PASTE model

Decision-Making
Overthinking and strategies for decision-making

Optional Strategy Menu

16

PRIDE Skills

17

Building Attachment During Play

P	Praise
R	Reflect
I	Imitate
D	Describe
E	Enjoy

18

Teaching About Emotions

1. Label your and your child's feelings.
2. Read or tell stories about feelings.
3. Play peek-a-boo.
4. Help your child recover from their big feelings.

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The PASTE Model

20

The PASTE Model

- Problems and change are inevitable!
- Problem-solving can be even more challenging when there are differing opinions.
- Schedule problem-solving time without interruptions.
- Do not try to solve too many problems at once.

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The Paste Model

P	A	S	T	E
Pick one problem	consider Alternative solutions	Select the best strategy	Try it out	Evaluate it

22

Decision-Making

23

Overthinking and Decision Making

Many people with ADHD struggle to make decisions, especially when there are many possible options!

24


Limit Choices
Set a Deadline
Make a Time Rule
Pull in Supports
Decision-Making Strategies

25