No Two Days The Same in My House

By:
Kory Boustead
My Family
My name is Kory Boustead
I am a **mother** of two, Brady age 11 and Emerson age 5.
I **work** a full time job for the Missouri Public Service Commission while having primary care for my children
I am an avid **advocator** for my children
1. Know the symptoms of the diagnosis

- Recognize and know about each symptom of each diagnosis.

- Recognize which symptoms are more prevalent in your child for the diagnosis
  - They may not display all symptoms at the same time
  - May display them at different times but have all of them

- Be comfortable explaining the difference of the diagnosis symptom versus bad behavior.
  - Negative attention getting behaviors do not disappear once the condition is diagnosed and or treated with medicine.
2. Open Communication

- Very important to keep communications open with them to help them understand what is going on with your child and the condition:
  - Physicians
  - Schools
  - Caretakers
  - Extra curricular activity instructors/coaches
3. Two-Way Dialogue

- Important to always maintain a two-way dialogue:
  - Children – maintain communication on how they feel when starting a new medicine
  - Physicians – keep them updated with the pros and cons of the medicines
  - Schools – ask how you can help with...
4. Every Day is a New Adventure

- In my house we wake-up the same everyday, but what happens after is usually a different stream of events with each child while trying to get out the door.

- Every day activities should go off without a hitch. We all do it! But there are hiccups!
  - Getting dressed
  - Brushing teeth/hair
  - Eating
5. Structure & Flexibility
Is that possible?

- Having multiple children can make it hard to maintain any kind of structure.
- ?????????

- (need to add more to this)
6. Never too Tired/
Never too Hungry

- I know it seems common sense to never let your child get too tired or too hungry but it can be easily over looked
- Stick with a set bedtime (as much as possible)
- Keep healthy snacks (more protein based to last longer)
Questions?

How to Reach Me

Email: KoryBoustead@gmail.com

Phone: 573.200.5834