

Family Conference 2021

Breakout #6

Supporting Children to Improve Their Social Skills- The Role of Parenting Programs & Self-Help Books

Dr. Alexandre Tavares, Psychiatrist



Children and teenagers who have ADHD and / or learning disorders frequently need assistance to improve their social skills. In this presentation, Dr. Tavares will give information to parents about a few simple and low cost interventions that can help them support their children to improve their social skills.

Dr. Alexandre Tavares is a child and adolescent psychiatrist practicing in Waterloo. He grew up knowing that he did not have the best attention span, was not a good speller, and was not a fast reader, but had a thirst for knowledge. He was supported by his parents and grandparents since his childhood. Dr. Tavares uses his personal experiences to better empathize with the experiences of children and teenagers with ADHD and/or learning disorders.