

8 EASY WAYS

YOU CAN SUPPORT YOUR CHILD WITH ADHD

Normal rulemaking and household routines can become almost impossible, depending on the type and severity of your child's symptoms, so you'll need to adopt different approaches. Parents must accept the fact that children with ADHD have functionally different brains from those of other children. While children with ADHD can still learn what is acceptable and what isn't, their disorder does make them more prone to impulsive behavior.

Adapted from: Healthline.com

CREATE STRUCTURE

Make a routine for your child and stick to it every day. Establish rituals around meals, homework, playtime, and bedtime. Simple daily tasks, such as having your child lay out his or her clothes for the next day, can provide essential structure.

BREAK TASKS INTO MANAGEABLE PIECES

Try using a large wall calendar to help remind a child of their duties. Color coding chores and homework can keep your child from becoming overwhelmed with everyday tasks and school assignments. Even morning routines should be broken down into discrete tasks.

SIMPLIFY AND ORGANIZE YOUR CHILD'S LIFE

Create a special, quiet space for your child to read, do homework, and take a break from the chaos of everyday life. Keep your home neat and organized so that your child knows where everything goes. This helps reduce unnecessary distractions.

ENCOURAGE OUTLOUD THINKING

Children with ADHD can lack self-control. This causes them to speak and act before thinking. Ask your child to verbalize their thoughts and reasoning when the urge to act out arises. It's important to understand your child's thought process in order to help him or her curb impulsive behaviors.

Another way to control the impulse to speak before thinking is to teach your child how to pause a moment before talking or replying. Encourage more thoughtful responses by helping your child with homework assignments and asking interactive questions about a favorite show or book.

PROMOTE WAIT

Children with ADHD may act **before** thinking:

1. **Make sure a written behavior plan is near the student.**
2. **Give consequences immediately following misbehavior.** Be specific in your explanation, making sure the child knows how they misbehaved.
3. **Recognize good behavior out loud. Write the schedule for the day on the board.** Children with impulse problems may gain a sense of control and feel calmer when they know what to expect.

MANAGING IMPULSIVITY

MANAGING HYPERACTIVITY

1. **Ask children with ADHD to run an errand** or complete a task for you, even if it just means walking across the room to sharpen pencils or put dishes away.
2. **Encourage a child with ADHD to play a sport**—or at least run around before and after school—and make sure the child never misses recess or P.E.
3. **Provide a stress ball**, small toy, or another object for the child to squeeze or play with discreetly at their seat.
4. **Limit screen time** in favor of time for movement.

Students with ADHD may become so easily distracted by noises, passersby, or their own thoughts that they often miss vital classroom information. Helping kids who distract easily involves physical placement, increased movement, and breaking long stretches of work into shorter chunks.

- Seat the child with ADHD away from doors and windows. Put pets in another room or a corner while the student is working.
- Alternate seated activities with those that allow the child to move their body around the room. Whenever possible, incorporate physical movement into lessons.
- Write important information down where the child can easily read and reference it. Remind the student where the information is located.
- Divide big assignments into smaller ones, and allow children frequent breaks.

SUGGESTIONS TO HELP IN THE CLASSROOM