

## TIPS FOR PARENTS WITH ADHD CHILDREN

Parents must understand that although children with ADHD know their behavior is disruptive, they are unable to do anything about it. This understanding should be accompanied by love and support. Do know that ADHD is a long-term problem. Help other's in your adolescent's life know that ADHD is a long-term problem, and ask them to make appropriate adjustments in the way they relates to your child. Don't expect a quick, easy remedy for ADHD.

1. Be positive in your approach. Begin and end each day with praise. Set positive and reasonable expectations. Use positive praise.
2. Consistency and routine is important. Keep your child on a daily schedule. Changes in routine and schedules are disquieting. Talk about changes before they take place, i.e., home rules, chores.
3. Minimize distractions when communicating. Give clear, brief instructions. Be certain your instructions are heard and understood. Break down large tasks into smaller steps.
4. Establish clear, concise rules of behavior with frequent built-in rewards. When you do \_\_\_\_\_ you get \_\_\_\_\_.
5. Positively state rules and post them. Discuss reasons for the rules and their consequences.
6. Reduce the stimulus level. Set up a quiet place with minimal distractions for homework. No television. No radio. Minimal clutter.
7. Provide structure and teach strategies for organization.
8. With younger children use a simple timer to help develop a sense of time and increase focus.
9. Don't nag. Repeat instructions only twice. Establish that your child understands you then drop it. Don't say any more.