

Tips to Managing ADHD at Home

Parents:

- Build your own personal supports- have people you trust that you can talk to. Have resources that you can go to for support.
- Know your limits: Don't be afraid to ask for help
- Be lighthearted: have times where you are silly with your child. There are many parts of their day that is stressful and frustrating. Have times at home that you can have fun.
- PRAISE, ENCOURAGE, APPROVE, NOURISH
- Expect that you will repeat, repeat, repeat- do it without anger- anger will not increase their memory.

Inattention

- ADHD brains need structure: they need reminders, previews, repetition, direction and limits. They benefit from charts and/or lists to refer to when they get lost.
- Post Rules- write them down and have them easily accessible to your child as they need it.
- Repeat Directions: keep them simple, write them down, repeat them often and speak them calmly. ADHD Brains need to hear things more than once.
- Set limits: Do this consistently, be prompt with them, make them predictable, and explain simply- avoid long and detailed discussions.
- Develop a schedule and post it so that your child knows "what comes next"
- Plan for transitions well in advance- announce what is going to happen next and repeat this announcement.
- Provide frequent feedback- this keeps them on track and affirms what to expect. Notice the positive steps no matter how small and tell your child what you see.
- Break large tasks into smaller ones. Large tasks overwhelm your child and he/she feels defeated before the task begins.
- Simplify instructions and choices- the simpler and shorter the sentences the better.

Over Activity

- Provide time for exercise to work off added energy- helps focus attention, stimulates other body systems and it is fun.

Impulsivity

- Reward success- they love encouragement; they thrive from it and grow through it.
- Use feedback to help your child be self observant
- ADHD brains often have no idea how they come off to others. Through role play or questions help your child reflect on and practice how they can handle a situation differently the next time.

Questions:

“Why do you think she looked sad when you said that?” or “How could you have done that differently so he wouldn’t have got hurt?” or “What do you think you could have done the next time?”

- ADHD brains respond well to rewards and incentives. A reward chart or point system etc. can be very helpful
- Give responsibility back to your child when possible- help them create their own system to help them get things done.

