

Tips to Help Your Child with ADD-ADHD



Life can be frustrating or overwhelming when coping with symptoms of ADD/ADHD. You can help your child overcome challenges and channel his or her energy.

- Males are almost three times more likely to be diagnosed with ADHD than females.
- The average age of ADHD diagnosis is 7 years old.
- Symptoms of ADHD typically first appear between the ages of 3 and 6.

How I might help them:

Create a consistent environment. Child needs a lot of structure. It is ideal to have a consistent routine, such as teaching times for homework, dinner and bedtime. This helps them learn how to deal with transitions that they will experience in other settings, like school.

Explain expectations ahead of time. If you are going to do something new or different, explain how things will differ from normal routine and how student should behave. Use few words and demonstrate expected behavior.

Remember each child is an individual. Every child is different. If you have a child who is more active, they will not be able to be taught behavior in the same way as another child. They can be successful, but they will need to be taught skills and expectations a little at a time.

Give simple instructions. Example: Instead of telling your child to clean their room, first tell them to pick up their clothes, and then tell them to make the bed. Continue giving small tasks until the room is clean. You could also make a checklist for them with pictures of their chores.

Take breaks and give breaks. It is important that you as a caregiver take care of yourself if you become frustrated. Also, give the child breaks if they appear frustrated. Encourage movement and a regular sleeping routine. Involving your child in organized sports and other physical activity can help them get their energy out in healthy ways.

Stay positive. When you are calm and focused, your child will be calmer and more focused as well. Celebrate small successes with your child.