

## ADHD

ADHD is a neuro/biological condition that affects all areas of a child's life. Children diagnosed with ADHD have difficulties remaining on task and focusing attention, they may be excessively physically active and have poor impulse control and organizational skills. The lack of mastery of these skills may cause the child to feel inferior, frustrated and have social difficulties. However, much can be done to help a child diagnosed with ADHD!

### AT HOME:

- **Create a routine.** Try to follow the same schedule every day, from wake-up time to bedtime. Post the schedule in a prominent place, so your child can see what's expected throughout the day and when it's time for homework, play, and chores.
  - **Get organized.** Put schoolbags, clothing, and toys in the same place every day so your child will be less likely to lose them.
  - **Avoid distractions.** Turn off the TV, radio, and computer games, especially when your child is doing homework.
  - **Limit choices.** Offer a choice between two things (this outfit, meal, toy, etc., or that one) so that your child isn't overwhelmed and over stimulated.
  - **Change your interactions with your child.** Instead of long-winded explanations and cajoling, use clear, brief directions to remind your child of responsibilities.
  - **Use goals and rewards.** Use a chart to list goals and track positive behaviors, then reward your child's efforts. Be sure the goals are realistic (think baby steps rather than overnight success).
  - **Discipline effectively.** Instead of yelling or spanking, use timeouts or removal of privileges as consequences for inappropriate behavior. Younger kids may simply need to be distracted or ignored until they display better behavior.
- Help your child discover a talent.** All kids need to experience success to feel good about themselves. Finding out what your

child does well — whether it's sports, art, or music — can boost social skills and self-esteem.

It is very important that the parents or guardians maintain a close relationship with the school to ensure success at home and at school for the child.

### **AT SCHOOL:**

- **Reduce seating distractions.** Lessening distractions might be as simple as seating your child near the teacher instead of near the window.
- **Use an agenda for parent-teacher communications.** The teacher can include assignments and progress notes, and you can check to make sure all work is completed on time.
- **Break down assignments.** Keep instructions clear and brief, breaking down larger tasks into smaller, more manageable pieces.
- **Give positive reinforcement.** Always be on the lookout for positive behaviors. Ask the teacher to offer praise when your child stays seated, doesn't call out, or waits his or her turn instead of criticizing when he or she doesn't.
- **Teach good study skills.** Underlining, note taking, and reading out loud can help your child stay focused and retain information.
- **Supervise.** Check that your child goes and comes from school with the correct books and materials. Sometimes kids are paired with a buddy to can help them stay on track.
- **Be sensitive to self-esteem issues.** Ask the teacher to provide feedback to your child in private, and avoid asking your child to perform a task in public that might be too difficult.
- **Involve the school counselor or psychologist.** He or she can help design behavioral programs to address specific problems in the classroom.

## **RECOGNIZE YOUR CHILD'S STRENGTHS!**

### 35 Great Things About Having ADD/ADHD!!!

1. Lots of energy
2. Willing to try new things
3. Ready to talk, a lot
4. Gets along well with adults
5. Can multitask well
6. Smart (marks don't necessarily reflect this)
7. Need less sleep
8. Good sense of humor
9. Good at taking care of younger children
10. Spontaneous
11. See details that other people miss
12. Understand what it's like to be teased or to be in trouble so they are understanding of others
13. Can think of different and new ways to do things
14. Volunteer to help others
15. Happy and enthusiastic
16. Imaginative and creative
17. Articulate
18. Sensitive and compassionate
19. Eager to make new friends
20. Great memory
21. Courageous
22. More fun to be with than most kids
23. Charming
24. Warm and loving
25. Care a lot about family
26. Inquisitive
27. Quick to forgive
28. Genuine
29. Never boring
30. Empathetic
31. Perceptive
32. Playful
33. Honest
34. Optimistic
35. Interested in new things