

Parent tips for ADHD

Tips to improve your own behaviours

Focus on the ADHD – remind yourself that ADHD is a deficit rather than a behaviour

Question underlying issues – your child's behaviours can be the result of an inability to comply with what is being demanded of them

Avoid judgements – interpreting your child's behaviour as intentional and defiant can be destructive

Ignore reflex comments – ignoring reflex negative comments by the child, when a change in focus is demanded, instead of getting into a power struggle

Tips on improving communication

Teach coping skills – teaching children ways to express their frustration constructively can be a valuable life lesson

Demonstrate social expectations – social skills may also need to be actively taught to these children since they may not naturally absorb them like other children

Anticipate possible problems – setting strategies in place that anticipate problems rather than reacting to behaviours is a most effective tool for home and school

Speak briefly and clearly – let the child know what you want them to do, don't lecture

Tips on developing effective day-to-day skills

Try being consistent yet flexible – consistent rules are valuable but flexibility is required around the child's impairment

Use daily reminders – using strategies for organisation and time management, such as charts, lists, agendas, post-its, calendars, timers. Reminders and alarms, can be beneficial

Review strategies that work – actively reviewing a problem with your child and coming up with possible solutions teaches an extremely important life skill

Give time and patience – not demanding your child change focus quickly can decrease their frustration. Gradually shifting their focus with 5-10 minute warnings is more effective