

PARENTING STRATEGIES ADHD

Remember that each child is unique and that school and home must work as a team to help determine which strategies will best help each child to achieve success and self-worth.

- Be positive and consistent.
- When talking with your child, reduce outside noise, physically place yourself at your child's level, and establish eye contact
- Keep instructions short and not more than 1 or 2 at a time.
- Ask your child to repeat any instructions or expectations word for word.
- List and define any rules.
- List and define undesirable or inappropriate behaviors.
- List desired behaviors and appropriate alternatives.
- With your child identify 2 or 3 consequences for repeated inappropriate behaviors.
- Follow through on identified consequences.
- Focus on one behavioral change at a time.
- Make changes in the task or environment when necessary.
- Contract with your child to reinforce appropriate behaviors.
- Say what you mean and mean what you say.
- Consequences should be logical and natural.
- Avoid lecturing or arguing.
- Praise new behaviors and responses that are appropriate.
- Respond immediately to children.
- Look at the who, what, where, where, and how. Throw away the WHY.

Here are ways to help your child his/her organizational skill level.

- Directions should be simple, short, and in language the child can understand.
- Make lists; keep them simple and short
- Use a kitchen-type timer to help get tasks completed in a timely manner.
- Schedule short breaks during longer tasks.
- Set hourly, daily, weekly, and monthly goals – appropriate for the child's age.
- Shorten chores or responsibilities or break them down into steps.
- To start, rewards need to be immediate.
- Try to have things ready before they are needed; i.e., clothes for school laid out ahead.
- Use a large calendar to write down everything, from practices to event and who is doing it.
- Be a good role model; if you need to follow these tips and make changes, do it!

Another thought: Children with ADHD need structure and consistency. They need to know changes in any routine, including visitors or visits away from home, appointments, in advance.

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