
TOP 10 TIPS

For supporting your child at home

1. Briefly and clearly express instructions

Children and young people with ADHD may have difficulty with listening and thinking before they act, find organisational skills challenging and have poor memory. In order for techniques to be effective, instructions therefore need to be simple and clearly communicated.

2. Ensure that the attention that you give to your child is for the behaviour you want to see more of.

3. Use specific and descriptive praise

Let your child know what they have specifically done to earn praise. By praising your child their confidence and self-esteem will increase and they will feel valued.

4. Make time for special time

Structure in regular opportunities to spend with your child to get to know their likes and dislikes. Time together also makes your child feel valued as a person.

5. Establish a structure and routine

Children with ADHD need to feel safe and secure in a confusing world. They need to know what is expected of them and what is coming next.

6. Establish a few simple, very clear rules

It is important to discuss and draw up rules when everything is calm so that it helps to build a structure.

7. Remain calm to reduce escalation

Staying calm and gently repeating the command (over and over again if required) will help your child stay calm and avoid adding more tension.

8. Become active in ignoring some behaviours

The more attention you give to annoying, irritating behaviours, such as moaning, pestering and silly noises, the more likely that behaviour will be repeated. Some behaviours can therefore be reduced, if they are actively ignored.

9. Allow time to calm down

If escalation does occur, the need to calm down is paramount. Children with ADHD will not be able to calm down if you continue to engage with them and it is impossible to reason with someone if they are in a heightened state of anxiety. It is important therefore that time and space is given to allow this calmness to occur.

10. Use rewards systems

The most effective reward systems are those that are achievable, do not set the child up to fail and avoid money as rewards. Another important point to consider is to be consistent with rewards.