

5 TIPS for PARENTING a CHILD with ADHD

1

FOCUS ON THE POSITIVES

Children with ADHD often can't follow through, are messy and make mistakes. It can be frustrating. Children with ADHD can have low self-esteem because of their many failures. It's important to share compliments and positive things about your child with your child daily.

2

PROBLEM SOLVE

For example, if your child has a hard time getting out the door, set up a system so they know what to do to get ready. A quick list that is printed can help. Children with ADHD often have a hard time with auditory requests, but visual requests can be easier. This preparation can help avoid lots of frustration and parents losing their cool.

3

VALIDATE THEIR FEELINGS

Tell them you know having ADHD is hard. Be on their side. Ask questions and listen to what they say they're feeling.

4

DON'T LABEL

Children with ADHD are often perceived as lazy, dumb, or stupid. It's important to understand that their brains just work differently and that they need support, not judgment.

5

PROVIDE STRUCTURE

Children with ADHD need structure. Setting a non-negotiable, specified time to do homework is important. It is often hard for them to impose structure on themselves because of their neurodivergence. Using a schedule can help them manage their time and get things done.