

# 30 Tips for Parenting an ADHD Child



- Learn as much as you can about ADHD from trusted sites and resources.
- Accept the idea that sustained concentration is difficult for your ADHD child
- Positive reinforcement works, negative reinforcement doesn't; It simply destroys self-esteem
- Recognise your threshold, pick your battles, and ignore the mild irritating behaviours
- Understand that the positive home life you create will enhance the self-esteem of your child, and shape the way they approach future life difficulties
- Consistency and routine for your child is key
- Use Stop, Think, Act, approach for problem solving
- Let go of your expectations for what your child should be like
- Help the child to focus on areas of personal strength to enhance self-esteem
- Involve them in activities where they feel good about doing well and find enjoyable.
- Help your child to realise that they are accountable for the decisions they make
- Use goal setting and reward signs of growth and progress when working towards goals
- Use visuals to provide positive reinforcement i.e. charts, lists, graphs etc.
- Conduct a weekly family meeting to build your relationship with your child and hear their views
- Assign practical, appropriate consequences to disciplinary measures
- Encourage physical exercise and activity to provide an outlet for extra energy
- Provide a great deal of encouragement and support- positive reinforcement is key!
- Learn about childhood stages of development and age-related tasks
- Help your child name their feelings; Use a "bag of feelings"
- As a parenting team, present a 'united' front
- Make sure you have rules posted. Have rewards and penalties
- Make a daily/weekly schedule to provide structure
- Be consistent – follow through
- Set aside time for relaxation – self care for parents is essential.
- Use music for right-brain stimulation
- Use positive language and encourage positive self-talk
- Get lots of exercise – this goes for both you and your child(ren)
- Implement structure, schedules and management practices at home.
- Get information and support from other parents who have ADHD children
- Remember: Children with ADHD need scaffolding to support them – use visuals such as timetables, reward charts etc.

