

# ADHD CAREGIVING TIPS

**Children with ADHD** are in a constant battle to focus, stay organized, as well as control impulses. To cope with and manage with these behaviors, parents and caregivers need patience and compassion to understand how their child's mind functions daily. Here are some steps to better understand how to care for kids with ADHD:



## STAY POSITIVE

Parents and caregivers should maintain a positive attitude while staying calm and focused, which will help your child mimic your actions. As your child's behavior is not always intentional, do not sweat the small stuff when these disorders show themselves. You need to believe that your child will learn how to manage their behavior and restore trust in them every chance you have.



## CREATE STRUCTURE

Create structure by following a routine with simple and predictable rituals. Keep schedules simple, but effective. If needed, use timers and clocks to allow time for certain tasks. Keep your house organized, and make sure your child knows that everything has a specific place.

**TIP:**  
Quiet, fidgeting items and background music are known to help maintain attention during strenuous and potentially boring tasks.



## ESTABLISH EXPECTATIONS AND RULES

Children suffering from ADHD benefit from a written set of rules, as well as a chart with rewards, such as stickers, for good behavior. Children respond well to a system of rewards and consequences, so explain what will happen when they do or do not follow rules.

**TIP:**  
Create a space specifically for your child. Make it comfortable, cozy, and quiet. Never use this space for a "time-out".



## SOCIAL SKILLS

Some children with ADHD struggle with social skills. Difficulty learning and understanding social rules distances them from other people. Their emotional immaturity can make them stand out from the crowd, which can lead to unpleasant or unfriendly behavior toward them from others around them. Parents and caregivers should speak the truth, letting their child know in a supportive way that it is okay to make mistakes, along with how to behave more appropriately.

Source: HelpGuide.org

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