

## Parenting Your Child with ADHD

Attention Deficit Hyperactivity Disorder, or ADHD, is a complex condition that can affect children, teens, and adults. Core symptoms may include inattention and/or hyperactivity. Children with ADHD may struggle with impulse control, social skills, and emotional regulation.

### How you can help your child

- **Understand** options for ADHD treatment, which may include medication and therapy.
- **Identify** your child's core ADHD symptoms and learn to monitor these during treatment.
- **Promote** your child's strengths and talents. Children with ADHD may have challenges, but they also need to feel confident in the areas in which they shine. Developing strengths while also working on challenges allows your child opportunities for success.
- **Establish** routine. Consistent routines, especially in the morning, evening, and after school, can help reduce stress. Have your child help you write out the steps for their routine. Keep these steps simple. Consider leaving out steps that are not absolutely essential for getting out the door in the morning or getting in bed at night.
- **Recognize** that your child may not be ignoring you or getting distracted on purpose. When you need your child to do something, make sure to maintain eye contact. Give clear, brief instructions. Provide quick reminders in a neutral voice if needed.
- **Acknowledge** that your child has more energy than other children and may tend to act without thinking. Find energy outlets every day – playing outside, jumping jacks, a rocking chair. Build movement breaks into activities like homework or watching a movie.

### How you can help your other children

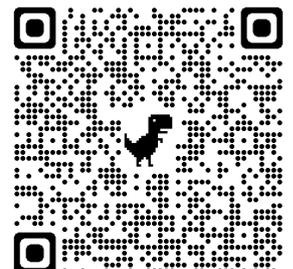
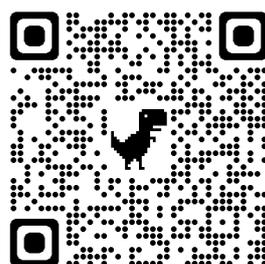
Siblings of children with ADHD often report feeling exhausted and frustrated by the disruption that ADHD behavior causes in the household. They may feel that it is unfair that their sibling has different chores or requires more of your time. Here are ways you can help:

- Help all your children learn about and understand ADHD.
- Validate their concerns.
- Find ways, however brief, to spend one-on-one time with each of your children.
- Recruit friends and relatives to give your other children a break away from home.
- Look out for signs that your child without ADHD is trying to take on too much responsibility.

### How you can help yourself

- Be kind to yourself. Recognize that you are doing heroic work as a parent.
- Build self-care into your schedule.
- Join a support group and educate yourself on ADHD.

### Resources



Scan the codes above for information, support groups, and a medication guide.