



Parenting a Child With ADHD

Parenting a child who has attention-deficit/hyperactivity disorder (ADHD) can be trying. Consider these tips to help you deal with your child effectively.

Reinforce positive behaviors. Reward good behavior right away and often. Consider using social rewards (praise, smiles or hugs), activity rewards (playing a game with a parent or having a friend over) and material rewards (food or toys).

Give effective instructions when you want your child to do something. Get close to the child, make eye contact, speak calmly and firmly and *only* give ultimatums if you will follow through.

Use the “when—then” rule. “When you have finished homework, then you can go ride your bike.”

Discourage negative behaviors. Make a list of the types of mild punishment you feel comfortable using and that are effective. For example, take away a privilege, such as talking to friends on the telephone. Plan ahead how you will use such punishments,

so that you don’t act in the heat of the moment. Establish predictable consequences and rules. Learn to use time-outs consistently and without emotional upset.

Coping strategies for parents

- Keep family routines and lifestyles predictable.
- Learn to ignore those behaviors that your child can’t really control, such as fidgeting or the tendency to interrupt.
- Do not become so overly involved in the child with ADHD that you relate less to the other children in the household.
- Anticipate situations in which your child is likely to have trouble. Plan out a step-by-step strategy for how you will react. Rehearse alternative behaviors with your child.
- Seek support through organized groups or by cultivating friendships.

© 2001 Achieve Solutions

Call ValueOptions today.
(800) 700-8646

