

RVHS Information for Parents on...

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)



ADHD is a chronic condition that mainly affects children but it can also affect adults. ADHD can be divided into three groups:

- Inattentive
- Hyperactive-impulsive

- Combination

ADHD behaviours can look like:

- Inattention - getting distracted, poor concentration and organizational skills
- Impulsivity - interrupting, taking risks
- Hyperactivity – cannot slow down, talking and fidgeting, difficulty staying on task
- Combination – a mixture of all the above

What you can do to help a child with ADHD while at home

- Have a regular routine at home: wake up, do homework, have dinner and bed time at roughly the same time each day
- Limit any distractions in the background while the child is doing any classwork--no television on in the background.
- Break down tasks/simplify them into manageable chunks - try 20-25 min with a movement break.
- Try some classical / meditation music in the background
- Encourage exercise as this helps physically and mentally. This will give the child an outlet for their energy.
- Limit time on electrical devices
- Help your child pause before replying as this will help them to not interrupt
- Praise all good behaviour. Be patient and caring.
- Avoid negative language. Don't be intimidated by the child's behaviour.
- Remain calm--remember it is a disorder and your child cannot help it
- Pick your battles and remember that you are the parent.
- Just like your child, try to get some 'me time'. You need it just as much as they do. Jogging, walking, cycling or even just having a nice hot bath can work wonders.

- It can be difficult for both the parent and the child with ADHD. TAKE IT ONE DAY AT A TIME.

There is a lot of information online and support groups to help you, your family and your child to cope with their ADHD.

- <https://www.adhdfoundation.org.uk/information/parents/>
- www.healthline.com
- <https://www.helpguide.org/articles/add-adhd/when-your-child-has-attention-deficit-disorder-adhd.htm>
- <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/living-with/>
- <https://www.ukadhd.com/support-groups.htm>
- <https://kidshealth.org/en/parents/parenting-kid-adhd.html>

Medical News Today: Some helpful tips for parents to support children with ADHD.
<https://www.medicalnewstoday.com/articles/321621>

ADHD Parent Support: For parents to share tips and resources.
<https://www.facebook.com/groups/adhdparentsupport/>