



TOP TIPS FOR SUPPORTING CHILDREN WITH ADHD

- **Be understanding and remain calm.** A child with ADHD cannot help having ADHD and becoming angry or frustrated with them may intensify their symptoms and behaviour.
- **Give simple instructions.** Break down larger tasks into smaller steps. For example, at bedtime, give one or two instructions at a time such as 'go to the bathroom and brush your teeth'.
- **Set clear boundaries.** Agree family guidelines with the child, discuss unacceptable behaviours and what consequences will occur as a result of such behaviours. Remain consistent and calm when following through with consequences to reinforce the guidelines set and avoid escalation of any challenging behaviour in that moment.
- **Build a healthy routine and lifestyle.** A regular sleep pattern, physical activity and healthy diet can all contribute to reducing the behavioural symptoms caused by ADHD. Support the implementation of a healthy routine by planning the day ahead so the child knows what to expect.
- **Involve family members.** Explain ADHD to family members and the impact it has on the child's needs. It is important to make sure labels such as 'the naughty one' are avoided and that everyone in the family works together to create a positive approach to managing behaviour. Recognise the potential impact on siblings and ensure that attention is not solely focussed on the child with ADHD.
- **Help the child to develop organisational skills.** Methods such as checklists, visual timetables, sticky notes, phone alarms and reminders are just a few aids to support daily organisation. Explain the uses to the child and try not to take over to allow time for the skills to develop.
- **Praise the child.** Children generally enjoy being praised so acknowledge all successes no matter how big or small. Aim to praise or reward immediately and be specific to help reinforce good behaviour.
- **Manage triggers.** Look for signs that the child is becoming frustrated or sensory-overloaded. Remove them from the situation and record the time and trigger to help you identify similar situations in the future.
- **Recognise strengths.** Help the child to identify their individual strengths and celebrate them. ADHD can bring positives such as creativity and high energy for tasks. Talk about successful role models with ADHD.
- **Access local support.** Programmes and support groups can help to reduce isolation and stress, as well as provide new ideas and support strategies.

- Information about support on offer in your local area is available via the links below:

Southend: [Southend SEND Local Offer | Livewell Southend](#)

Essex: [Essex County Council: Special Educational Needs and Disabilities \(SEND\) | Essex Local Offer](#))