

Parenting Tips for Children with ADHD

November 2016

What's new at Luzio?

*Interested in group
therapy!*

ADULT MINDFULNESS

using Dialectal

Behavioral Therapy

principals. Members will learn ways for managing emotions, relationships, and stress.

Meets every Tuesday

5:30pm to 6:30pm

SOCIAL SKILLS

group for boys ages 7 to 13. Members will learn about verbal and nonverbal

communication, learn to express emotions, learn problem solving skills, and ways to manage conflict.

Meets every Monday for

age 7-10yrs

4:00pm to 5:00pm

and 11-13yrs

5:30pm to 6:30pm

Ask about our LGBTQ groups available!

4411 Washington Ave.
Suite 200
Evansville, IN 47714
812-479-1916

Written by:
Christina Huber, LCSW

What is ADHD?

- Attention-Deficit/Hyperactivity Disorder is broken down into three categories
 - Inattention Type
 - Hyperactive-Impulsive Type
 - Combined Type

How ADHD affects the whole family

- Children don't hear instructions and thus don't follow through with commands
- Children are unorganized and easily distracted which can keep family members waiting
- Children can interrupt the others in the family, are impulsive and say things without thinking, which can affect sibling relationships and cause stress for the whole family
- Children may have difficulty with bed time and/or morning routines
- Children may be hyper and destructive to toys, property, or put themselves in danger due to the hyper behavior.

ADHD Parenting Tip 1: Accept the fact that your child has ADHD

Your child is imperfect, but we all are, it is important for parents to support and accept their children. Focus on their positive qualities and abilities!

ADHD Parenting Tip 2: Don't believe all the "bad" about your child

School professionals are quick to identify the problems happening in school. Yes your child may learn differently than his peers, but children with ADHD can succeed given the help needed! Advocate and stand up for your child's educational needs.

ADHD Parenting Tip 3: Don't rely only on medication

Medication is important for children with ADHD. But there are other treatment options. Talking to your child about how medication is the only treatment will leave your child feeling that their behavior is not their responsibility and their behavior is controlled by medication. Outpatient therapy is great to learn healthy coping skills, social skills, and impulsive control skills.

ADHD Parenting Tip 4: Structure! Structure! Structure!

ADHD children need consistency in routines and structure in the home. Keep a set morning and bedtime routine. Use timers to help children transition to the next task. Create a quiet place for homework time. Do your best to keep the house organized and neat, so your child knows where homework supplies are, toys go, etc.

ADHD Parenting Tip 5: Make sure rules and expectations are clear

Keep the rules simple and clear. Avoid using rules such as "be good," "be respectful." Instead use "no hitting, no throwing toys," "listen the first time," "don't slam the door or roll your eyes." ALWAYS follow through on rules! Whether you use rewards or consequences, give them every time the positive or negative behavior happens, unless children have difficulty following the rules if they change daily.

Additional info can be found at:

<http://www.additudemag.com/adhd/article/985.html>

<http://www.helpguide.org/articles/add-adhd/attention-deficit-disorder-adhd-parenting-tips.htm>

*Please stay tuned for next
month's newsletter which
will provide info about 504
Plans and Individualized
Education Plans*