



# Go to's for



## ADHD- STRATEGIES

### Reducing Stress & Improving Focus



### Re-think Routines



Reliable routines e.g., morning, homework, dinner and bedtime will make an amazing difference in setting expectations and improving behaviour.

Consistency is crucial- **keep routines consistent.**

Make life predictable by using visual weekly planners and visual routines.

The key is shaping your child's path by using visual prompts as giving multi step instructions will be confusing. Your child may only remember the first and last steps, so visuals will certainly help.

Routines that offer rewards and enjoyable activity while encouraging relaxation help overcome boredom and distraction e.g., at homework time build in a snack before and movement breaks during the routine.

A good morning routine starts the night before.

Plan in advance for Social Activities to avoid meltdowns



### Release Energy

- Jogging
- Stretching
- Gardening
- Swimming
- Practice Easy Yoga Poses
- Plan a meal together
- Use a fidget



Fidgets provide sensory activities and can help the ADHD brain focus on a primary task e.g., listening to music while reading, chewing gum while studying etc- for use of fidgets in school talk to the teacher and have an agreed plan.

<https://www.additudemag.com/adhd-fidgeting>

**\*\* Remember release energy in fun ways & manage sugar intake \*\***



### Relax & Breathe



Use the 5 senses to be present and relax with your child.

Have your child sit comfortably and listen to relaxing music or their favourite story with their eyes closed.

Practice grounding & focusing techniques to help calm emotions- Counting backwards, I spy games.

Back-to-back breathing- together with your child sit on the floor, back to back. One person starts to take slow deep breaths, and the other tries to match the first person's breathing.

Flower and candle breathing- imagine a nice smelling flower in one hand and a slow burning candle in the other

- Breath in slowly through your nose as you smell the flower
- Breath out slowly through your mouth as you blow out the candle
- Repeat



### Mindfulness

#### In the Moment Listening & Movement

Supporting your child to manage their emotions, relax and focus.

Practice listening & following instructions with fun games and creative arts: Simon Says /Musical Chairs/Freeze Dance- when it's time to freeze practice deep breathing.

Threading/stringing beads can help improve focus and calm.

Jenga- improving focus, patience, problem solving and planning of movement.



### In your corner

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm