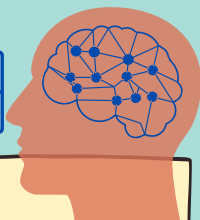


# Go to Living with ADHD

## Self-care IS EMPOWERMENT

Aim to maintain highest possible levels of your own capacity to cope; by really paying attention to your own needs and well being, everyone will benefit.

### some ideas to consider....



#### S L O W E R Communication

- S** Speak clearly using short sentences.
- L** Leave time for your child to process.
- O** Only one instruction at a time.
- W** Wait before repeating anything.
- E** Encourage your child to repeat.
- R** Regulated feelings are needed before any information can be understood or acted on.



#### Externalise..

We all work things out in our heads, all the time. With ADHD, this can be very difficult.

It really helps to encourage your child to think outside their heads!

'Think where you can see it' pictures, check-lists, charts, colour-coding, calendars, diaries and sticky notes

#### 'Don't take it personally'

This is so easy to say but often very difficult to do. Try if you can, to see beyond behaviours to the child you love. Separating your child from behaviours enables you to respond as the loving parent your child needs. You will feel better, and situations will settle more quickly.

#### Home Havens

Try to create a supportive, predictable, framework for your child at home. Aim for as much structure and routine as possible.

- \*\*Fairly adjusted expectations
- \*\*Every item has one home.
- \*\*Consistent bedtimes etc
- \*\*Sensory/calm corner




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# Living with ADHD



Adapting an environment is more important than expecting your child to adapt. 

## Essential time support

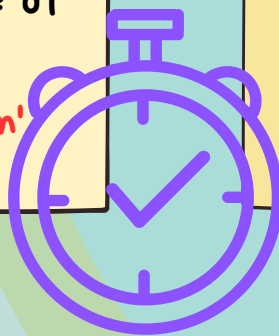
Provide as much routine & predictability as possible.

Teach your child to build in preparation times before any activity or event.

Break every action into very small, manageable steps.

Put your child in charge of timers and alarms.

Keep any 'first and then' directions very simple.



## Motivation & Concentration

...are tough when the action and outcome cannot be linked.

Aim to allow plenty of activity before, during and after study.

Use timers to limit & separate chunks of study time.

Try having two work areas and moving between them..

Try fidget toys/snacks/drinks during each frequent break

## Sensory Soothers

Exercise

Mindfulness

Pet/Equine Therapy

Wilderness Therapy

Neurodiverse clothing

e.g. Spectra, M & S

Complimentary Therapies

## Risky behaviours

Experimenting and taking chances can provide an unsafe but very satisfying buzz.

Try instead to replace these with 'safe risk activities' such as assault courses, abseiling, climbing-wall, drama etc.



Aim to notice any and all positives.

Give immediate and specific Feedback.

Create opportunities for your child to build their sense of self-worth & confidence.

Ask them to teach you something!

Every night, aim to use a 'Forgiveness Reset Button.'

Start fresh every morning.



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