

# TIPS FOR HELPING KIDS WITH ADHD

## What is ADHD?

- ADHD stands for Attention-Deficit Hyperactivity Disorder.
- There are 3 types of ADHD – **Hyperactive/impulsive**, **inattentive**, and **combined** type.
- According to data from the CDC, between 2020 and 2022 11.3% of all children ages 5-11 have been diagnosed with ADHD.
- Symptoms of ADHD include:
  - Hyperactive/Impulsive Type: Difficulty sitting still, being quiet and/or waiting their turn. Frequent movement, talking and/or noise making.
  - Inattentive: Difficulty focusing, completing tasks, staying organized, and/or following directions.
  - Combined type includes symptoms from Hyperactive/Impulsive and Inattentive types.

## Tips For Helping Your Child Focus

- Help your child break down large tasks into smaller parts.
- Set up a place in your home where your child can work without distractions.
- Give directions one step at a time.
- Confirm that your child is listening before giving directions.
- Use visual supports to help your child know what they are supposed to be doing.

## Tips For Helping Your Child Manage Emotions

- Make it a habit to talk about feelings.
- When your child is calm, talk about strategies they can use to manage their emotions.
- Help your child draw a sign or a poster of ways that they can calm down.
- Talk to your child about how they can tell their feelings are starting to get out of control.

## Tips For Helping Your Child With Self-Control

- Calmly let your child know when they are acting or speaking impulsively.
- Practice waiting by playing games or doing activities that require this skill.
- Practice mindfulness together. There are many apps and videos you can use to help you.
- Talk about the positive and negative consequences of specific actions.

If you have questions about an ADHD diagnosis or treatment plan for your child, talk to your child's pediatrician.