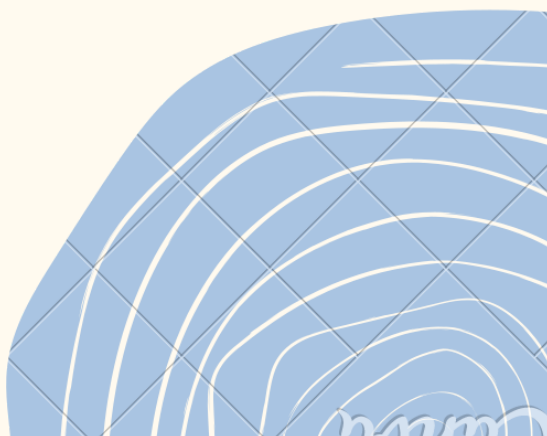

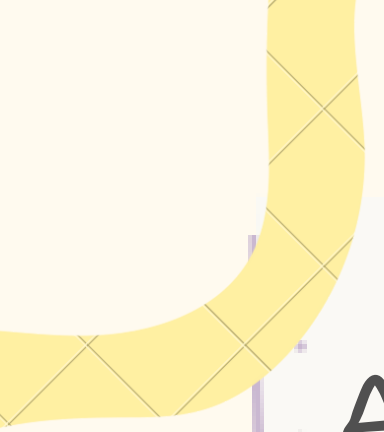




Helping a child with ADHD Combined Presentation







ADHD is a common neurodevelopmental disorder that affects children's ability to pay attention, control impulses, and regulate their activity levels.

ADHD can be of three types - inattentive, hyperactive-impulsive, or combined presentation. The combined presentation means that the child displays symptoms of both inattention and hyperactivity/impulsivity.





A child with this type of ADHD may struggle with inattention, forgetfulness, impulsivity, hyperactivity, and poor social skills. As a parent, you can help your child manage their symptoms and improve their quality of life with the following strategies:





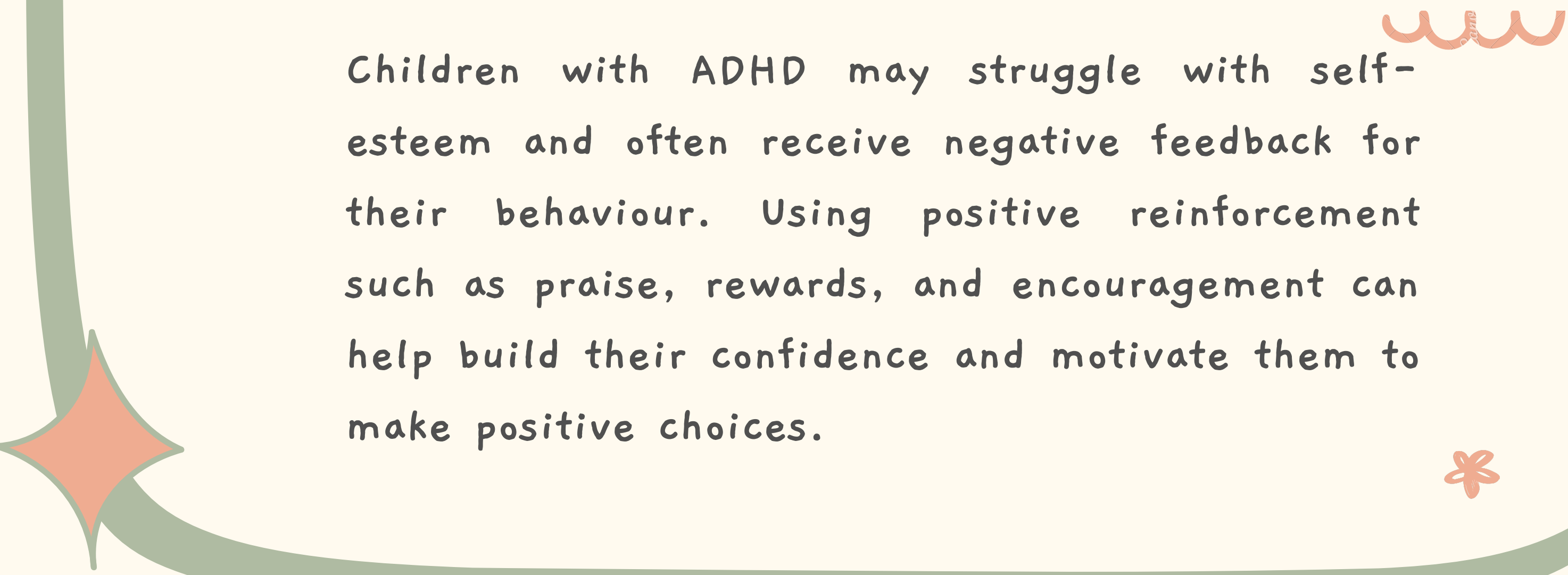
CREATE A ROUTINE

Children with ADHD often struggle with transitions and may become overwhelmed with too many options. Establishing a daily routine can help your child know what to expect and when. Set up specific times for waking up, getting dressed, eating meals, doing homework, and going to bed. This can help them stay focused and feel more in control.







USE POSITIVE REINFORCEMENT







Children with ADHD may struggle with self-esteem and often receive negative feedback for their behaviour. Using positive reinforcement such as praise, rewards, and encouragement can help build their confidence and motivate them to make positive choices.




PROVIDE CLEAR INSTRUCTIONS

When giving your child instructions, keep them simple, direct, and specific. Repeat the instructions if needed and have them repeat them back to you. This can help them understand what is expected of them and reduce frustration. Be sure to capture their attention prior to giving direction.






REDUCE DISTRACTIONS



Children with ADHD may be easily distracted by noises, sights, or other stimuli. Minimize distractions in their environment by creating a quiet and organized workspace, turning off the television, and limiting access to electronic devices




ENCOURAGE PHYSICAL ACTIVITY


Hyperactivity can be a challenging symptom for children with ADHD combined presentation, but there are potential benefits that may serve the child's ability to focus and pay attention. Firstly, hyperactivity increases the overall activity level in the brain, which can help stimulate cognitive functions such as memory, attention, and processing speed. Secondly, physical activity helps release excess energy and tension, which can reduce stress and anxiety levels. Regular exercise can help your child manage hyperactivity and improve their ability to pay attention. Encourage your child to participate in sports, dance, or other physical activities that they enjoy.



FOR THE INATTENTION

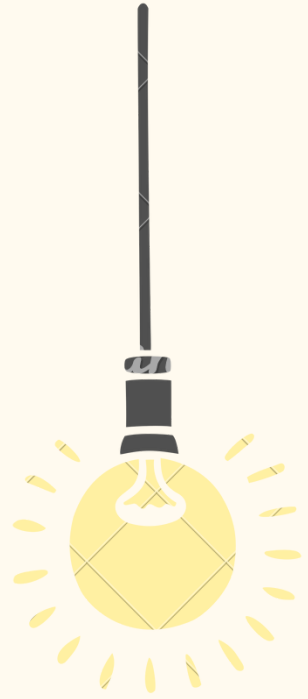


Teach the child to set a timer to complete boring tasks. Use high energy music to build motivation. Teach them to self-monitor their attention and change up the view if they are not being productive.

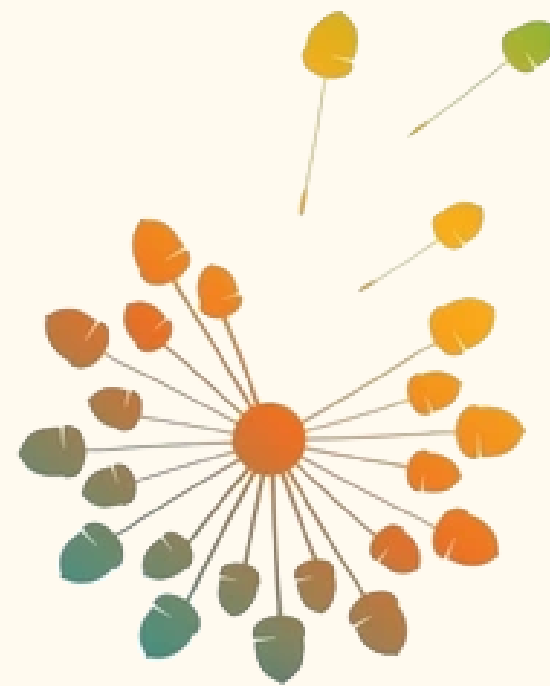


TEACH KIDS TO USE REFLECTIVE LISTENING

Rather than ending every sentence with “Now, do you understand?”, which puts the child on the defensive, teach the child to say “You want me to....”, “You’re saying that...”, or other reflective statements in conversation. This will confirm to you that they have heard what you have just said, and it will also reinforce the message as they repeat it back to you. It will also be a valuable communication tool for future relationships.



REMEMBER, IT'S ESSENTIAL TO WORK WITH
A HEALTHCARE PROFESSIONAL TO DEVELOP
A COMPREHENSIVE TREATMENT PLAN FOR
YOUR CHILD.



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