

TOP TIPS

- Although living with a young person with ADHD can be difficult at times, it's important to remember it is not their fault and they are not deliberately being disobedient or naughty.
- Keep a regular routine, plan your day and be organised.
- Break down into steps and focus on one task at a time. A picture based timetable may help the young person remember what they have to do and what they need with them for the different tasks.
- Set clear behaviour boundaries and expectations. Use positive rewards to encourage the behaviour you want more of, use appropriate consequences that you can follow through with consistency for unwanted behaviour.
- Be clear and exact when you give instructions (for example, instead of 'can you tidy up?' ask 'can you put your toys in the toy box?').
- Focus on one activity/instruction at a time.
- Keep activities short and alternate enjoyable activities with more difficult or boring tasks.
- Encourage hobbies and interests that they are good at to build confidence and self-esteem.
- Ensure a consistent bedtime routine which is calming and not overstimulating (avoid phones/TV/tablet usage before bed and in bed).
- Speak to your child's school or college about additional support.
- Use visual aids to support routine.
- Try placing the younger person into a calmer setting.
- Praise effort as much as achievement.

FURTHER HELP

- Speak to your child's/young person's school.
- Speak to your doctor.
- Look at your local authorities local offer website.