



A guide for parents and children

What's inside...

Mind maps

These mind maps will inform you and your child about what ADHD is and how it might present.

Tips for parents

As a parent, you can use these tips to help develop routines and structure at home with your child. It is important for you to feel in control and look after yourself in order to help your child in the most effective way.

Time-table

This can be used to help give your child structure to the day before and after school. By giving them visual pictures of the order of the day, your child can feel more organised and aware of what's happening. The timetable can be used on string and hung up or attached together on a clip to be portable for days away, giving your child a personal copy of it.

Check-list

To ensure your child feels ready and organised for school, this checklist will provide a space for you to fill in what your child needs in school every day. Having this on your wall means you can discuss with your child each morning what they have in their schoolbags allowing them to feel prepared for the day ahead. Examples of items could be pencil case, dinner money, homework etc.

Target of the week

Setting a small, achievable target each week for your child to complete helps to provide them with motivation within themselves to complete it e.g. I will remember to bring my homework every day this week. Allowing your child to set their own targets with your guidance helps them to be aware of their actions and can give them a greater sense of pride.

Brain breaks

These cards can be printed and placed in a box to be used when your child is completing homework and losing focus. They can pick out a brain break card when needed, perform the activity and then place back in the box.

Emotion fan

Your child can use this emotion fan to express how they are feeling in a visual way and develop what they can do when experiencing each emotion. Each card gives a little tip for what your child can do to help them deal with their emotions.

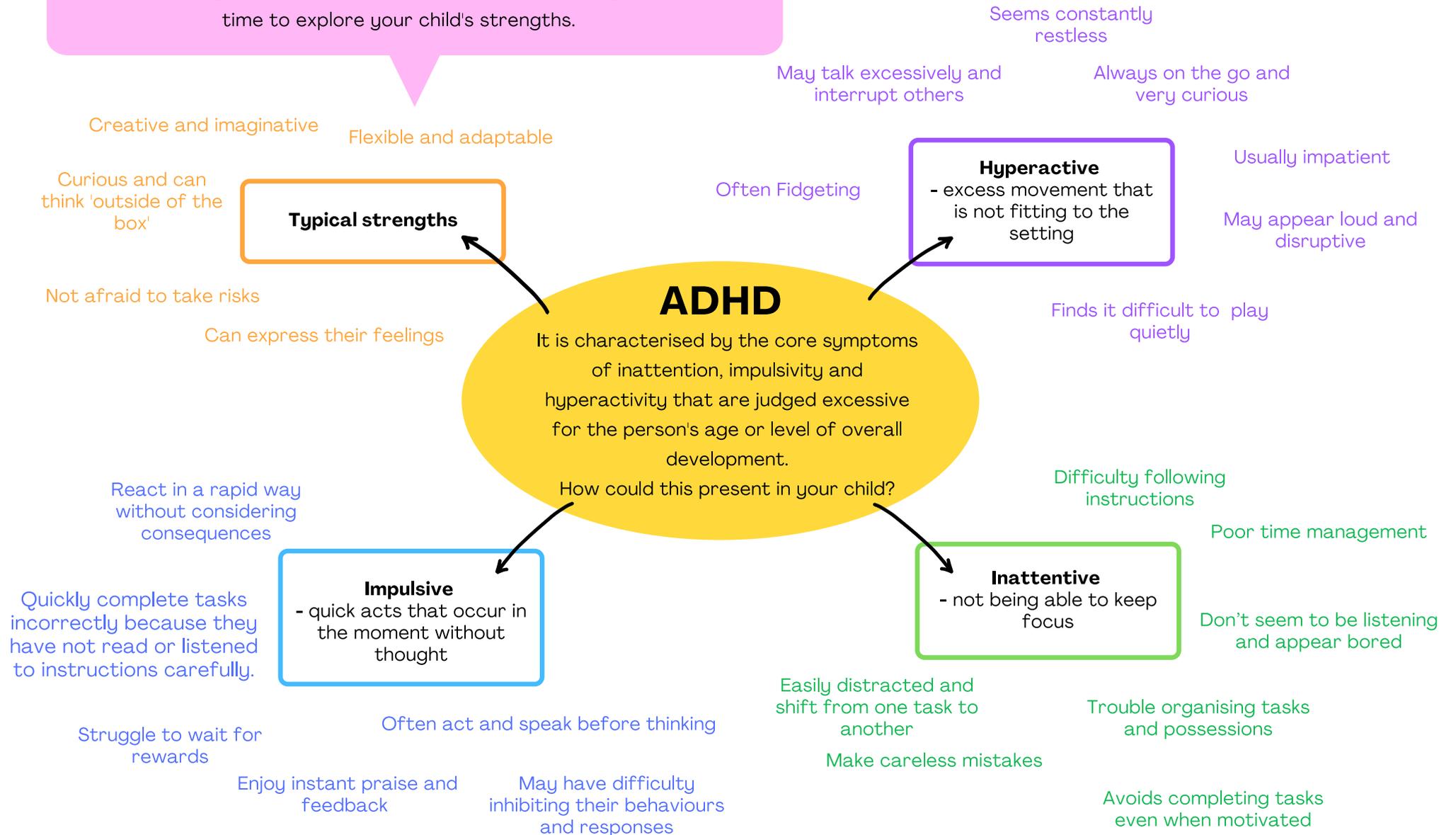
Strengths poster

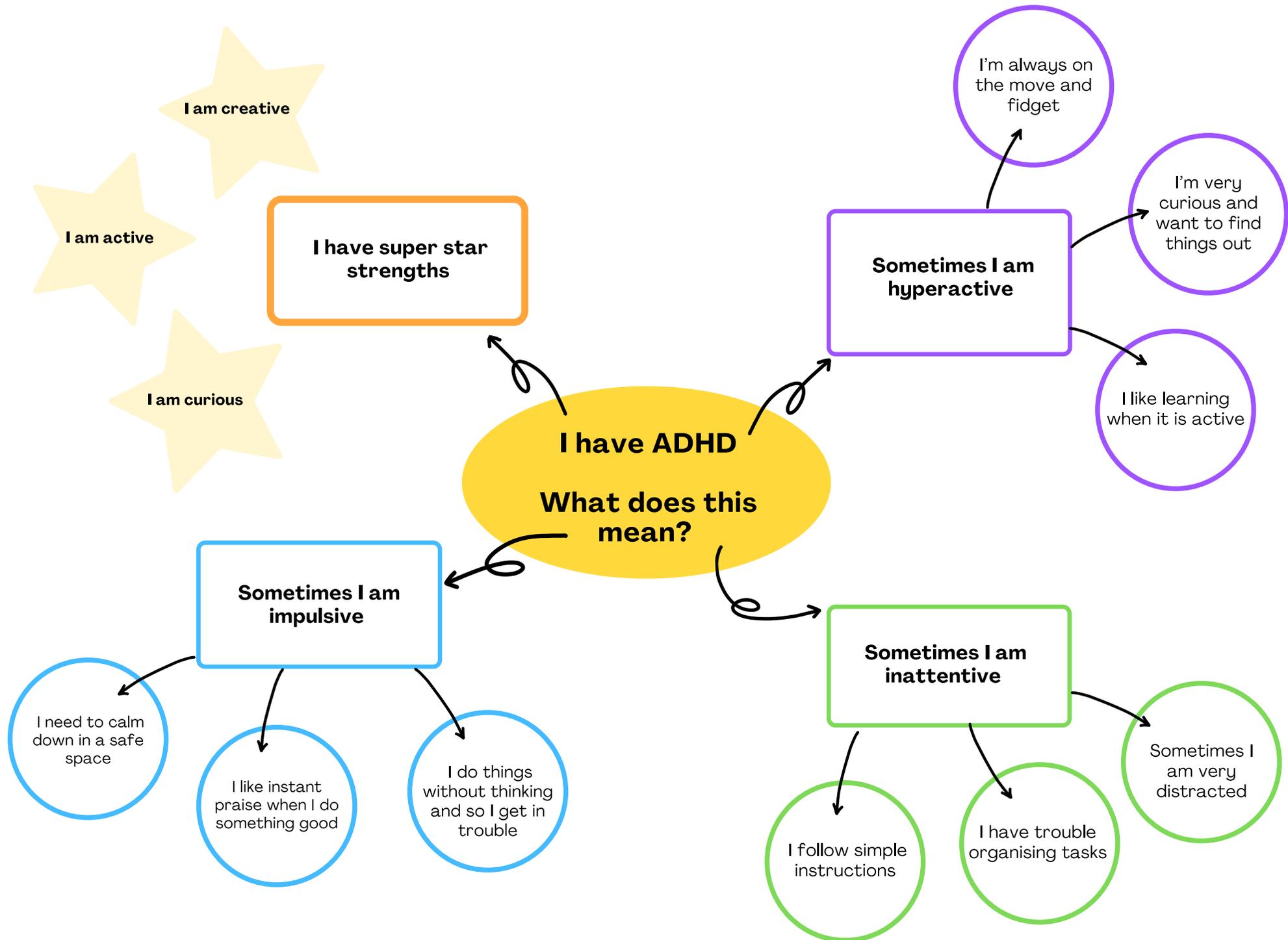
Despite the difficulties your child faces, they are amazing and have so many strengths which should be celebrated! By talking with your child and identifying what they enjoy and what they are good at, this can build up your child's self-esteem. Sending this in to your child's teacher can make them aware of your child's interests and skills.

Described are typical behaviours of a child with ADHD,

however every child is different!

It is important to understand the difficulties your child may face. Use the practical strategies provided in this pack to help. Don't forget to take the time to explore your child's strengths.





Tips for parents

Organisation

reduces unnecessary distractions.

Regulate sleep

establish a calm bedtime routine.

Exercise

this will allow for an outlet of built-up energy.

Create routine

establish rituals and stick to it.

Decide which behaviours are acceptable and which are not

It is crucial to stick to these regulations as punishing a behaviour one day and allowing it the next is detrimental to a child's improvement.

Explain the rules but allow some flexibility

it is acceptable for your child to make mistakes as they learn.

Manage aggression

if your child has an outburst remove the child from the situation and use timeout to calm both you and your child down.

Have confidence

be positive and encouraging.

Seek support

an expert can help manage your stress as well as your child's.

Keep calm

children mimic seen behaviours so composing yourself will help your child do the same.

Take breaks

schedule some alone time

Promote thinking aloud and a pause

understanding their thought process and pausing before responding will help curb impulsive behaviours.

Limit distractions

regulate electronics that are easily accessible.

Split tasks into manageable chunks

this helps your child to not feel overwhelmed.

Don't be negative

stressful and embarrassing situations will soon fade.

Don't fret the small stuff

if your child achieves some things be flexible with what's left.

Don't get overwhelmed and lash out

remember your child isn't acting out on purpose.

Don't let your child or the disorder take control

you are the parent and you make the rules.



My Checklist: What I need for school today











Target of the week



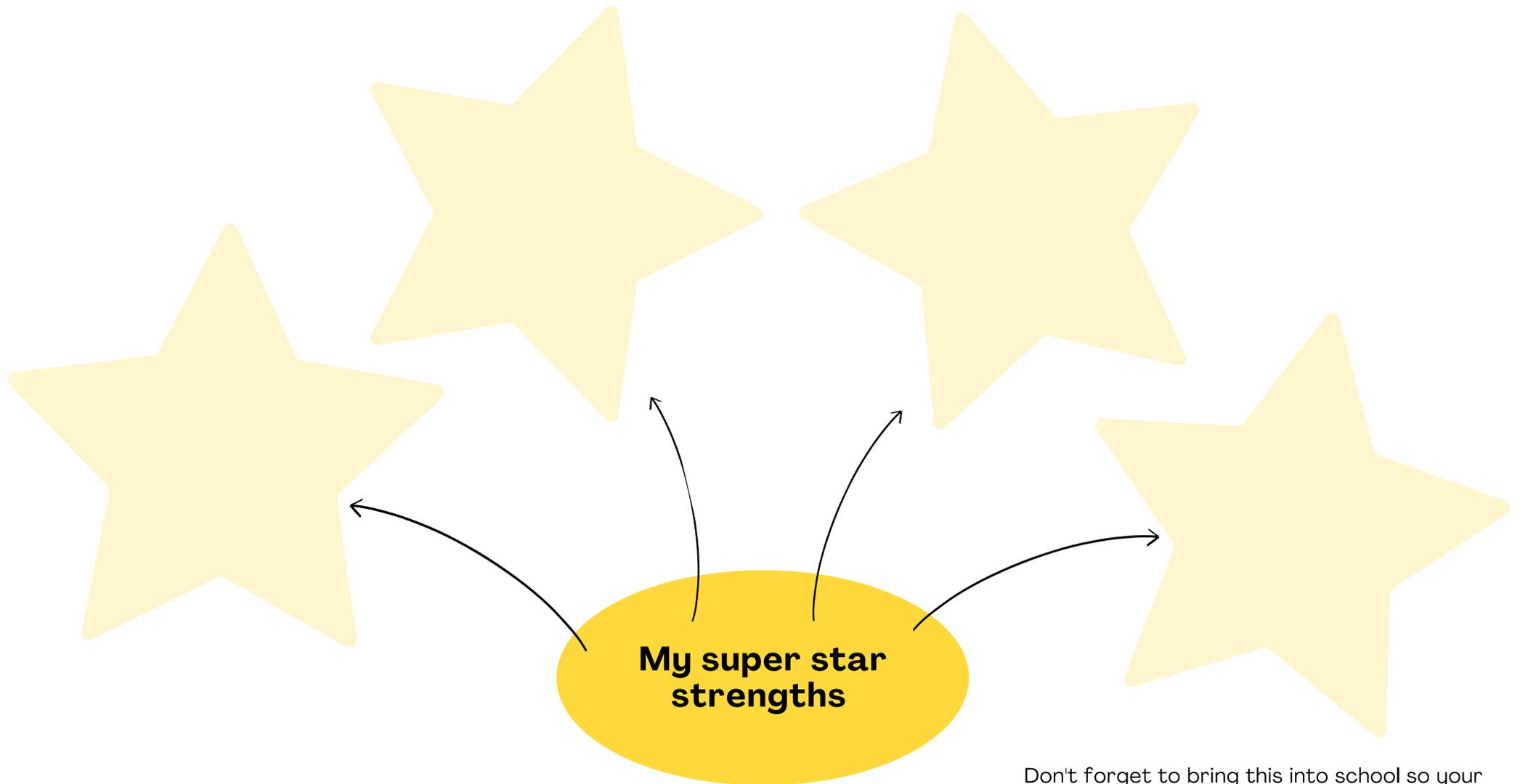
This week I will



Just like the stars in the sky, everyone is different!



Think of things you are good at and draw them in the stars.



Don't forget to bring this into school so your teacher knows your super star strengths too.

I am happy



Keep smiling!

I am sad



When I am sad I can...

Listen to happy music

Talk to someone about what's bothering me

Draw something colourful

I am angry



When I am angry I can...

Take deep breaths

Count to 10

Try to calm down and colour or read

When I am worried I can...
Take deep, slow breaths
Use all 5 senses
What can I see, touch, hear, taste and smell?
Think of a safe and relaxing place



I am worried

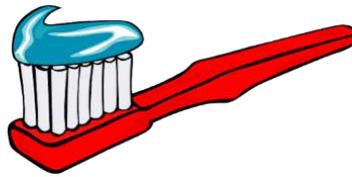
When I am bored I can...
Make a toy from recycled materials (Get my parent to help me)
Explore outside with my family



I am bored



Breakfast



Brush teeth



Get dressed



School



Homework



Lunch



Dinner



Bath



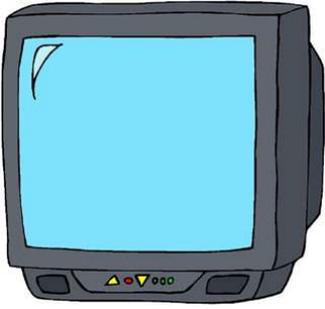
Bedtime



Play



Shop



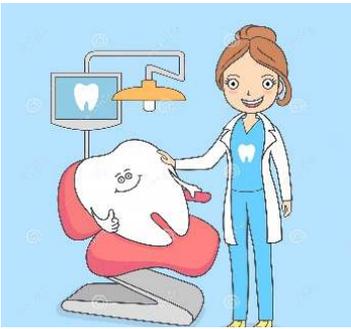
Television



Hairdresser



Time outside



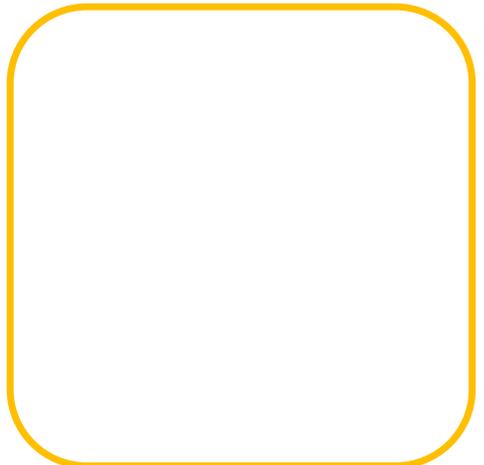
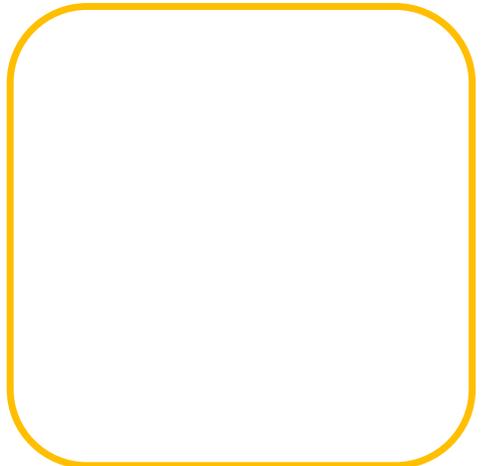
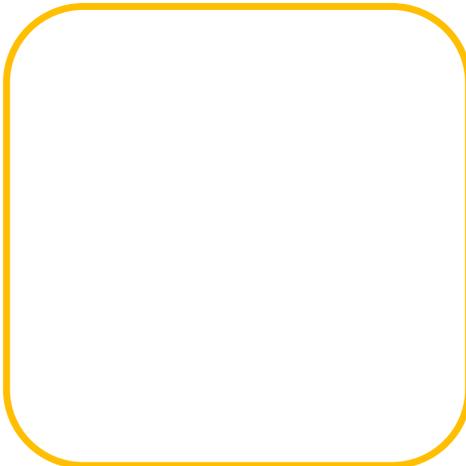
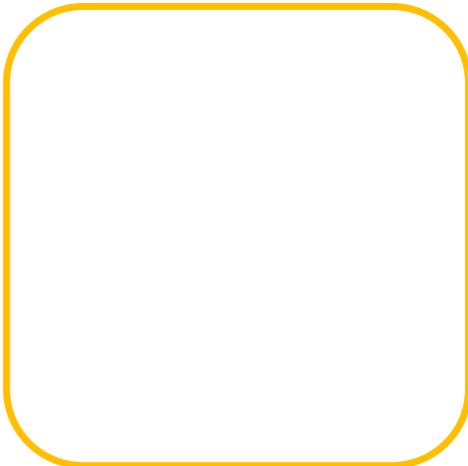
Dentist



Doctor



Leisure centre



Do 10 star jumps



Run on the spot for 1 minute

Draw a picture



Listen to your favourite song

Play rock, paper, scissors with someone in your family



Play with your favourite toy for 5 minutes

Hop for 1
minute on both
legs



Balance on 1
foot for 10
seconds. Then
try the other
foot and
repeat for a
minute



Create your own
brain break!

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brain break!

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