



How can I help at home?

Top strategies for helping your child with ADHD behaviours.

ADHD is a whole-family issue. It affects home life and holidays so it is important to make sure that all family members understand what is going on. Integrate it into family life, normalise it try to stop it dominating day to day life. Keep a balance of attention in the family and let each family member have their say.

Children with ADHD are likely to be difficult and challenging in their behaviour and attitude both at home and at school but tr to avoid giving the child with ADHD the 'bad reputation' in the family.

It is important to maintain boundaries and discipline and not put up with inappropriate behaviours such as swearing or violence.

Ensure you provide a healthy lifestyle with balanced diet, activity and sleep routines.

Avoid food additives and colourings; there is some evidence that children with ADHD are particularly sensitive to these. Discuss this with a GP or dietician if you are unsure.

Help your child manage their frustration, poor attention span and high energy with consistent strategies.

Give simple instructions – get close, make eye contact, talk slowly and calmly.

Help them with waiting, rules and instructions, sitting and concentrating, impulses and distractions, not interrupting or disrupting others.



Praise your child when they have done what is required, however small (but be careful not to overpraise).



Write lists and post them up somewhere visible (fridge/backdoor).

Break up necessary sit-down times such as meals and homework into smaller, manageable chunks, say 15-20 minutes.

Look after yourself - find out about local parenting programmes and support groups, which can really help.

Inattentiveness, hyperactivity and impulsiveness - these are just some of the symptoms of ADHD or Attention deficit hyperactivity disorder. By some estimates, it is one of the most common behavioural disorders in the UK. But instead of the BBC deciding what questions to ask about ADHD, they wanted to give that job to people who know ADHD much better - an ADHD parents' support group. The group came up with four questions and BBC Stories made four films to try to find answers for them. In this film, the parents asked why ADHD is often seen as negative? So here is a film looking at some of the good things about it.

Watch [The good things about ADHD: 'It's my superpower'](#)

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