

## 5 Tips for Parenting

### A Child With ADHD

ADHA - Attention-deficit hyperactivity disorder is a disorder that affects a person's ability to pay attention and control impulsive behaviors.

- 1. Set firm limits with respect.**  
Set clear, consistent expectations each day. Ex. Tomorrow we are going to the store as soon as you clean your room.
- 2. Focus on collaboration over control.**  
Make a schedule with them about what makes them feel calm. This will result in less resistance and more ownership, and build confidence.
- 3. Focus on their strength.**  
Whatever they are good at doing, help them along the way this will make them feel good about themselves.
- 4. Connection before correct.**  
Use 'guess what' statement to calm and deactivates before your correct.
- 5. Modeling is the king to teach self-regulation.**  
Control our own emotion or ego, when your child is going through stressful times, encourage them, this will send a powerful message to your child.

## Parents

Being a parent to a child with ADHD can be an incredibly tough task. Trying to decipher what is ADHD traits and what is not, trying to parent whilst understanding your child's triggers can be extremely challenging and coping with the physical needs of an ADHD child can be both physically and mentally draining.

ADHD is a genetic disorder and tends to have been inherited from one or both parents. Meaning that an ADHD parent may be parenting an ADHD child, adding more tension and stress to the situation. Parents (as do children) can be triggered by certain noises, words, sounds etc and these can often be produced by the ADHD child. Without the correct support add strategies being put into place, an ADHD household can be an incredibly stressful place to be.

Whilst waiting (or having had failed attempts) at gaining help and support from local children's services, there are a few other things that parent can try to access and implement whilst waiting for professional support.

The one and most powerful thing that can be implemented is making sure that the parent (whether ADHD or not) is giving themselves to **self care**. Without having the time and space to and for yourself, you may find that you struggle to deal with your ADHD child. Although spare time with ADHD child (or children) may be almost impossible, it really is vital to ensure your mental health is not impacted too much and that you can give you child the right support. If it is that you are suspecting ADHD in yourself, you can ask under the “RIGHT TO CHOOSE” to gain an ADHD assessment. This may then open up further avenues of support for yourself, so that you have the ability to give your child the support they need.

Education – understanding the condition as much as you can, mean that you better understand your child. You may be able to identify wat is an ADHD trait in them, meaning you are bale to parent that behaviour in a more suitable and effective way and that you may have more compassion that the child has no control over that specific behaviour. Identify what is an ADHD trait and what is just terrible teens/ a sassy child/ a grumpy lazy teen can be hard. But having that understanding eases the burden of parenting a little, allows more empathy for the child within their struggles, may help to avoid triggers and meltdowns and may help you to find methods to self soothe after.

## **Books**

As well as the books stated on the Books tab, the below book is a must read. The author gives a list of traits, how not to react to them and how to react:

How not to murder your ADHD child - - <https://amzn.eu/d/giuzFAj>

## Perfectionism

If your child struggles with perfectionism. Won't accept anything other than 100%, has to be the best, the quickest and achieve the most much to the detriment of their mental health, then the perfectionist slideshow attached may be helpful. It gives helpful methods to support your child with perfectionism and how to try and overcome it.

<https://www.rolemodels.me/news/how-to-support-my-child-managing-perfectionism>

## Booklet for children

The attached is a help book for children with ADHD. It is created by the ADHD foundation and can help children to express how they feel through activities, whilst helping them to gain a better understanding of themselves.

[https://www.adhdfoundation.org.uk/wp-content/uploads/2023/02/ADHD\\_ChildrensBooklet\\_London.pdf](https://www.adhdfoundation.org.uk/wp-content/uploads/2023/02/ADHD_ChildrensBooklet_London.pdf)

## Helpful booklet

The ADHD foundation have created a booklet that has lots of helpful tips on supporting your ADHD, how to get them to better understand themselves and tips on how to help them manage their ADHD traits successfully.

[https://www.adhdfoundation.org.uk/wp-content/uploads/2022/05/ADHD\\_FOUND\\_Takeda\\_ParentBooklet\\_May22\\_2.pdf](https://www.adhdfoundation.org.uk/wp-content/uploads/2022/05/ADHD_FOUND_Takeda_ParentBooklet_May22_2.pdf)



## Online resources for parents

There are many websites that provide information for parents and children on ADHD. These include:

Mind <https://www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/>

Young Mind <https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health>

Witherslack [Special Educational Needs Schools & SEND Support - Witherslack Group](#)

ADHD foundation <https://www.adhdfoundation.org.uk/>