

# Strategies and tips to support children with ADHD.

Finding strategies to cope with daily struggles is very important. Online resources and books have a lot of tips and strategies on ADHD specific issues. It is important to try different strategies and find the ones that work for you and your child. In order to implement those strategies, daily routine and support from peers and family are very important.

*The main issues experienced are related to:*

<b>Attention</b>	<b>Anxiety and depression</b>
<b>Memory</b>	<b>Problem solving</b>
<b>Focus</b>	<b>Sleep</b>
<b>Organisation</b>	<b>Managing friendships and emotion</b>

It is important to remember two main strategies for children with ADHD. The first one is to always “recruit attention”. This means that when you want your child to listen and understand what you are telling her/him, to make sure you have his undivided attention (by for instance going down to his eye level, pausing their game etc). The second strategies focus on the importance of praise. Children with ASDHD need more praise than other children, recognizing then small daily efforts they make is very important. For example, putting away their dirty dishes without being asked, it might not seem big to you but it is very important for them. Most strategies that work with neurotypical children don’t work for children with ADHD so it is important to adapt your parenting style to their need.

*Examples of daily strategies:*

- Use a diary or wall calendar to visualise school days
- Praise all successes
- Make boring activities as fun as possible
- Keep his/her school bags in the same place every day
- Make sure they have plenty of time outside

**Online resources and books** have fantastic information on the nature of ADHD, understanding how it impacts life and strategies on how to improve symptoms. Look for websites and support groups such as:

- ADHD institute  
[www.adhd-institute.com](http://www.adhd-institute.com)
- ADDitude  
[www.additudemag.com](http://www.additudemag.com)
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)  
[www.chadd.org](http://www.chadd.org)
- Living with ADHD  
[www.livingwithadhd.co.uk](http://www.livingwithadhd.co.uk)
- The National Attention Deficit Disorder Information and Support Service  
[www.addiss.co.uk](http://www.addiss.co.uk)
- ADHD Foundation  
[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)