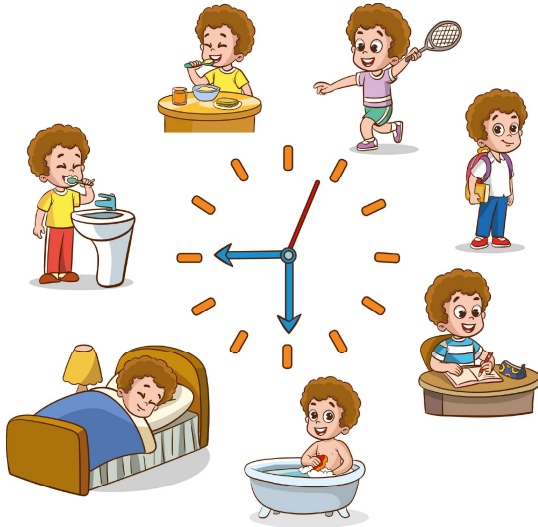


DO's



- Set clear expectations and house rules.
- Offer praise when appropriate.
- Create structure and follow a routine.
- Stay positive.
- Break tasks into manageable pieces.
- Give clear directions.
- Be consistent.
- Simplify and organize your child's schedule.
- Use clocks and timers.
- Limit distractions.
- Create a quiet space at home for your child.
- Try to keep the home neat and organized.
- Encourage exercise.
- Encourage healthy eating.
- Regulate sleep schedule.
- Believe in your child.
- Find individualized counseling for yourself.
- Take breaks and calm yourself.

DONT's

- Don't punish your child for behavior that is out of their control.
- Don't sweat the small stuff.
- Don't get overwhelmed and lash out.
- Don't forget about the positive behaviors.
- Don't forget your child's strengths.
- Don't take rule-breaking personally.
- Don't blame others for your child's difficulties.
- Don't let your child or the disorder take control.

