

TIPS FOR PARENTS

Managing ADHD in Children and Teens

DO's

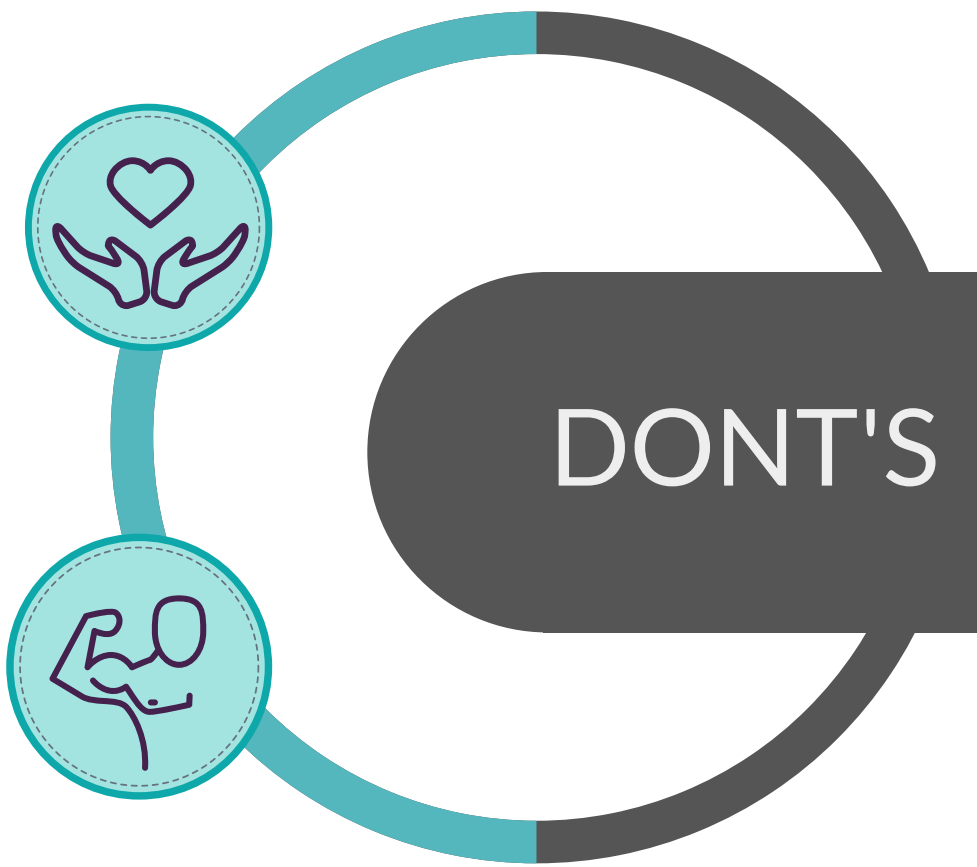


- Set clear expectations and house rules
- Offer praise when appropriate
- Create structure and follow a routine
- Stay positive

- 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

- 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



DONT'S

This information sheet was developed by the Autism Services, Education, Resources, and Training Collaborative (ASERT). For more information, please contact ASERT at 877-231-4244 or info@PAautism.org. ASERT is funded by the Bureau of Autism Services, PA Department of Human Services.