

HINTS FOR HELPING AN ADHD CHILD

1. When communicating with an ADHD child, use one-on-one communication. Stand close to the child. Establish eye contact, then touch the child on the shoulder or say the child's name to get their attention.
2. Have a written communication system set up with parents so that they know what is expected of the child. Big assignments should be broken down into smaller manageable segments.
3. After recess, offer a calming activity, such as art, reading, or any activity that will encourage a child to focus.
4. Make success possible. Create charts that show progress each day with assignments. Make goals and expectations realistic for the child. If the child cannot handle group work, provide an alternative assignment for him or her.
5. Use a code word for the child that he/she understands when behavior is inappropriate (such as being out of his/her seat, daydreaming, talking).
6. Determine the child's strengths and create ways to build on them.
7. Encourage the child's participation in individual sports such as swimming or track.
8. Encourage the use of a tutor when necessary. You may suggest a high school student who is ADHD and has learned to compensate for the problem.
9. Try to give more individualized instruction and allow an aide, volunteer or peer tutor to work with the child when possible.
10. Reward the child for small accomplishments.