

# Parent Talk

## OCTOBER 2022

### Supporting A Child With ADHD

October is ADHD Awareness Month! While ADHD is something that should be celebrated during this month, many caregivers are familiar with the struggles of trying to support their ADHD child at home and in the classroom. In this edition, we provide some practical tips for understanding your child a bit better and interacting with them in ways that can help their ADHD symptoms.



#### Have One-on-One Time

Schedule 5 to 10 minutes of uninterrupted time with your child, one caregiver at a time. Make sure to keep this time on a consistent schedule, or even jump in when your child is enjoying playtime alone during their regular routine. Setting this time aside builds a healthy relationship with your child and can decrease problem behaviors.

#### Use Effective Praise

When praising your child remember to be positive and specific. Focus in on exact details with your praise so your child recognizes how to earn effective praise in the future. Try to provide praise immediately after a good behavior and keep it as consistent and frequent as possible.



#### Practice Active Ignoring

While it can be hard, training yourself to use active ignoring can help reduce ADHD symptoms. Identify mild to moderate problem behaviors and commit to ignoring them when they happen. Try to keep yourself occupied on something else as your child will try to get your attention. Stay neutral and avoid getting angry or showing a negative reaction. Once the problem behavior stops, immediately provide praise.



#### Use Effective Instructions

By changing the way you give your child instructions, you can make it easier for them to understand. Try to be specific, clear, and direct, avoiding providing a long list of things at once. Phrase your instructions as a calm command such as “please clean up your room” or “please listen to your teacher today”. Make sure your child has direct eye contact with you and that distractions are minimal.



View these tips and more on our [Skills Cards](#) page.

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### Need more help?

Resources at The Baker Center are just a click away



#### Therapy & Treatment Services

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[MANVILLE SCHOOL](#) →



#### Therapeutic Summer Camp

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#### College Preparation

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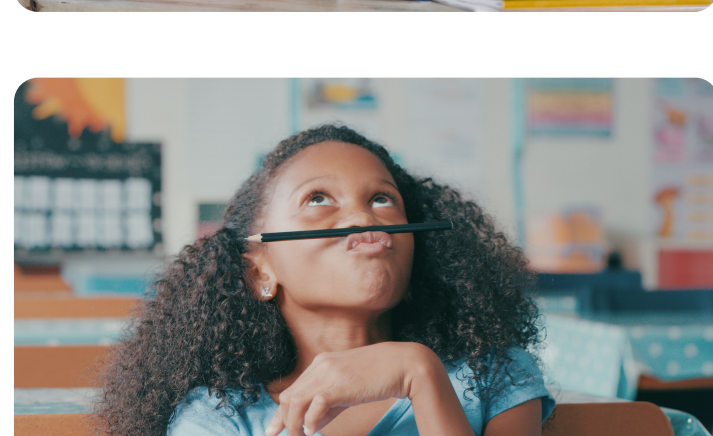
### Featured Resources



#### ADHD Factsheet

Do you think your child may have ADHD, but aren't sure what the symptoms are? Check out our fact sheet to learn more and see if your child's behavior matches typical ADHD symptoms.

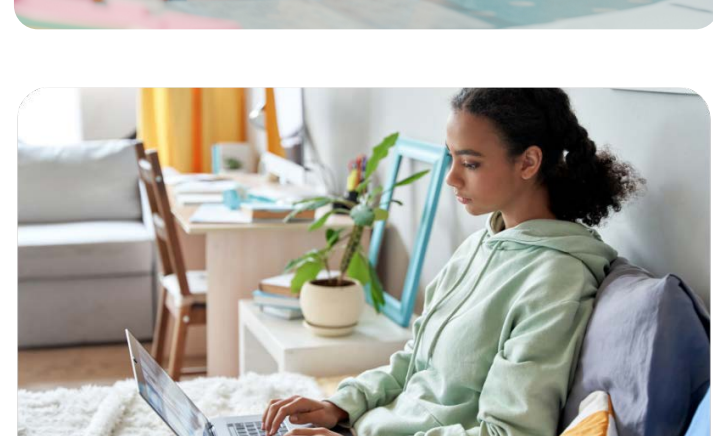
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#### ADHD Superpowers

Many kids have been trained to view their ADHD as a bad thing, but it comes with a special set of superpowers! Read this helpful list of ADHD superpowers to your child so they can see the positive side of their behavior.

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#### ADHD Awareness Month Virtual Discussion

For ADHD Awareness Month in 2020, we held a virtual discussion for caregivers with a panel of our expert clinicians. The two-part discussion covers a variety of topics such as therapy, medication, and even personal stories from other caregivers.

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