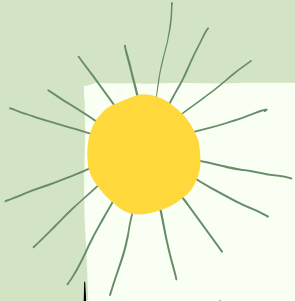


ADHD 101

A STEP-BY-STEP GUIDE TO SUPPORT YOUR CHILD WITH ADHD/ADD

<https://www.verywellmind.com/adhd-in-children-20844>



USE CONSISTENT CONSEQUENCES

A variety of consequences include time-out, taking away privileges, and allowing for natural consequences. Whatever you choose, be consistent in following what you tell your child.

GIVE EFFECTIVE INSTRUCTIONS

Get your child's full attention and give clear instructions. Then, have your child repeat them back to ensure understanding.

PRAISE EFFORT

Provide frequent feedback when your child is listening and following instructions. This motivates them better than discipline at times.

ESTABLISH REWARDS

There are many reward systems that help to target positive and desirable behaviors. Choose one that works for your family and follow through with consistency.

PROVIDE POSITIVE ATTENTION

Positive playtime reduces attention-seeking behaviors.

Caitlin McDonald, LMHC
@mcdonaldcounseling