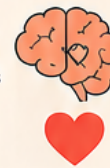


UNDERSTANDING ADHD in Children

A PARENT'S GUIDE TO SUPPORTING YOUR CHILD

ADHD is a neurodevelopmental condition that affects how a child's brain manages attention, impulses, emotions, and organization.



ADHD is **NOT** caused by poor parenting, laziness, or a lack of discipline.



THINK OF ADHD AS A PERFORMANCE PROBLEM, NOT A KNOWLEDGE PROBLEM.

COMMON SYMPTOMS OF ADHD



INATTENTION

- Seems not to listen
- Easily distracted
- Forgets homework or daily tasks
- Loses items
- Trouble following multi-step directions
- Struggles with organization
- Avoids tasks that require mental effort



HYPERACTIVITY

- Constantly moving or fidgeting
- Difficulty sitting still
- Runs, climbs, or moves excessively
- Talks more than other children
- Seems "driven" by a motor



IMPULSIVITY

- Interrupts conversations
- Blurts out answers
- Has difficulty waiting their turn
- Acts before thinking
- Takes risks without considering consequences



EMOTIONAL REGULATION

May also include:

- Becomes frustrated quickly
- Experiences intense emotions
- Frequent meltdowns
- Struggles with disappointment
- Highly sensitive to criticism
- Difficulty calming down

CHANGE YOUR PERSPECTIVE

- | | | | |
|-----------------------------------|---|--|---|
| ✗ They're being lazy. | → | They're having difficulty getting started. | ✓ |
| ✗ They're choosing not to listen. | → | Their attention shifted before they processed my directions. | ✓ |
| ✗ They never think before acting. | → | Impulse control is still developing. | ✓ |
| ✗ They don't care. | → | Their brain is overwhelmed. | ✓ |



Your child is not giving you a hard time.
Your child is having a hard time.

10 POSITIVE PARENTING STRATEGIES THAT HELP

1 CONNECT BEFORE YOU CORRECT

Make eye contact, use their name, get down to their level, and connect before giving instructions.



2 GIVE ONE DIRECTION AT A TIME

Keep it simple. One step at a time helps your child focus and succeed.



3 CATCH THEM BEING SUCCESSFUL

Aim for a 5:1 ratio of praise to correction. Praise effort, not just outcomes.



4 USE ROUTINES

Predictability reduces stress and helps your child know what to expect.



5 KEEP CONSEQUENCES IMMEDIATE

Children with ADHD learn best from immediate, consistent feedback.



6 GIVE CHOICES

Offer limited choices to increase cooperation.



7 BREAK BIG TASKS INTO SMALL STEPS

Break tasks down and celebrate each step completed.



8 USE VISUAL SUPPORTS

Visuals help with memory, focus, and staying on track.



9 HELP WITH EMOTIONAL REGULATION

Stay calm, validate feelings, and help your child calm their body before problem-solving.



10 BUILD ON STRENGTHS

Focus on interests and strengths. They build confidence and self-esteem.



THINGS TO AVOID

- ✗ Yelling or harsh punishments
- ✗ Long lectures
- ✗ Public embarrassment
- ✗ Comparing siblings
- ✗ Labeling your child (lazy, bad, careless)
- ✗ Assuming misbehavior is intentional



BUILD ON STRENGTHS

Children with ADHD are often:



Creative



Curious



Funny



Energetic



Compassionate



Adventurous



Problem-Solvers



Passionate

Help your child discover and develop these strengths!

WHEN TO SEEK ADDITIONAL HELP

Consider speaking with your child's healthcare provider if ADHD symptoms are interfering with:

- ✓ School performance
- ✓ Friendships
- ✓ Family relationships
- ✓ Daily routines
- ✓ Emotional well-being



Treatment may include behavioral therapy, parent coaching, school accommodations, medication, or a combination of approaches. Every child is unique. The best plan is individualized.



CHILDREN WITH ADHD DON'T NEED PERFECT PARENTS—THEY NEED PATIENT, CONSISTENT, AND ENCOURAGING ONES.

Small changes in how we respond can make a lifelong difference.



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