

Acute Training Solutions

ADHD - Top Tips

Tips for general approach to ADHD	
1	Make eye contact before attempting to communicate.
2	Make instructions short, simple and clear.
3	Give specific praise, also praise good behaviour to others in the young person's earshot.
4	Maintain an appearance of calm, use a quiet, calm tone of voice. If you appear cross, the young person might mirror you emotion.
5	Offer LIMITED choice, preferably two options. Avoid directives that result in 'no'; e.g. would you like your bath before or after supper?
6	Offer a variety of activities, try to alternate sitting down activities with physical ones.
7	Set achievable goals and give immediate rewards.
8	Keep rules and boundaries simple and clear.
9	Praise positive behaviour.
10	Offer clear structure and routine.
11	Give advanced warning of any changes to routine.
12	Give warning when an activity/event is coming to an end, e.g. use countdowns/timers.
13	Use distraction if behaviour is starting to deteriorate.
14	When a child/young person becomes upset and angry, try using a quiet place to give them time and space to calm down. It has been suggested that restraining individuals with ADHD makes them more agitated.
15	Most individuals with ADHD are very visual learners, so use visual cues/reminders; e.g. crossing off days on a calendar, use of pictures/photos.
16	Use colour to make the written word more memorable/attention grabbing.
17	People with ADHD can feel overwhelmed by big tasks, break them down into small parts. Attach deadlines to the small parts, and reward when they are completed.
18	Children/young people with ADHD tend to respond well to play that is exciting, quick and changed often.
19	Be consistent.
20	Encourage exercise, this is a good way to rid the body of excess energy and aggression, it is also calming.
21	Give responsibility, young people with ADHD enjoy a challenge and like to be important.
22	Accept and value the young person for who they are, warts and all! Give them 'permission to be themselves.