

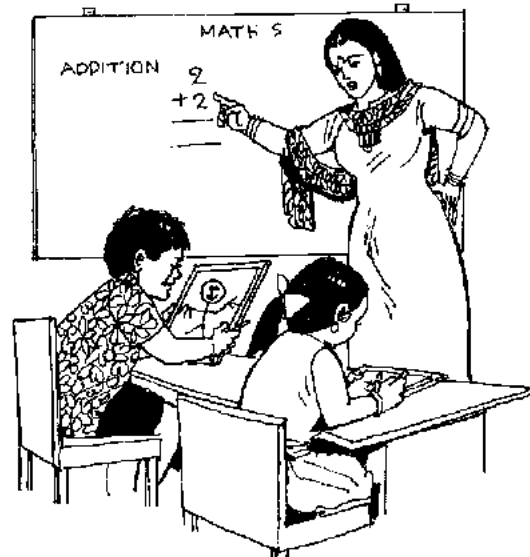
EMPOWERING PARENTS: Behavioural Management of Children with ADHD

Attention Deficit Hyperactive Disorder (ADHD) is a neurodevelopmental disorder characterized by *inattention, hyperactivity and impulsive behaviour*. ADHD affects 8-12 % of children worldwide. Children with ADHD represent a highly heterogenous group.

Are You a Parent concerned about your child's behaviour, like *Inattention, Hyperactivity and Impulsivity*?



Hyperactive



Inattention



Impulsive

MISCONCEPTIONS ABOUT ADHD

1. Children with ADHD are lazy and do not want to work.
2. Watching too much television or playing games can cause ADHD.
3. ADHD is caused by poor parenting.
4. Poor parental discipline causes ADHD.

FACTS ABOUT ADHD

1. ADHD diagnosed in childhood can continue into adolescence and adulthood.
2. Boys are 3-4 times more likely to get ADHD than girls.
3. ADHD has nothing to do with the intellectual ability of the child.
4. Children with ADHD have problems in focusing their attention due to coordination problem in certain brain regions.
5. Children with ADHD tend to be highly emotional and sensitive to tense situations. (stressful)
6. Children with ADHD are unable to complete tasks as they are distracted easily, and may jump from task to task without completing any one of them.
7. Children with ADHD may be unable to stop themselves from interrupting others' activities or blurting out answers to a question before it has been completed.

BEHAVIORAL ASPECTS OF CHILDREN WITH ADHD

1. INATTENTION

1. Fails to give close attention to details.
2. Makes careless mistakes in schoolwork, at work, or during other activities.
3. Difficulty in sustaining attention during daily tasks.
4. Often distracted by external stimuli.
5. Forgetfulness in daily activities.
6. Avoiding activities that demand sustained attention.
7. Does not listen when spoken to directly
8. Unable to organize himself/herself for daily activities.
9. Loses things frequently

2. HYPERACTIVITY

1. Plays with hands and feet while on seat.
2. Climbing trees, walls and high areas excessively.
3. Has excessive energy and highly physically active.
4. Unable to engage and play in leisure activities quietly.
5. Talks excessively.
6. Unable to sit in one place.

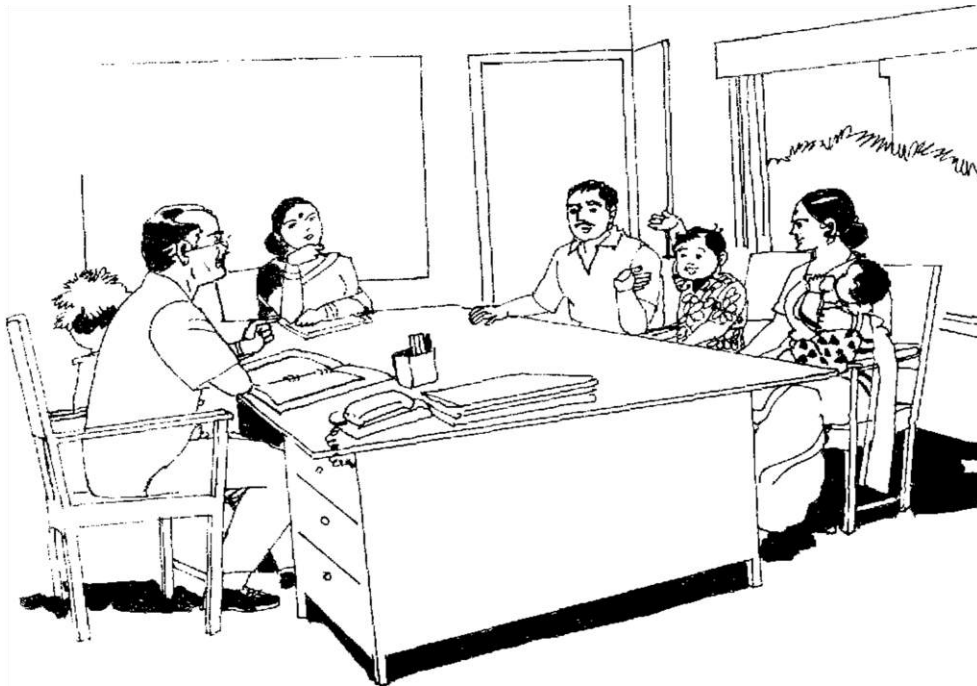
3. IMPULSIVITY

1. Answers before questions are completed.

2. Interrupts and Intrudes others activities.
3. Unable to wait for his/her turn.

Impact of ADHD Child on Family





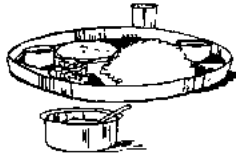
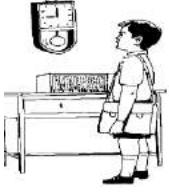
- An ADHD child requires a lot of attention, care and emotional support from the family.
- This may be emotionally and physically draining for the parents as it requires a lot of effort on their part. It may also cause a lot of stress to them.
- Family members often think that their child's behaviour is intentional. In such cases, they often start neglecting the needs of their ADHD child and in extreme cases they punish the child.
- Siblings of ADHD children may feel neglected. They are often helping their parents deal with the ADHD child and may feel angry and stressed.
- The family must try to understand the behaviour of their ADHD child and support them to the greatest extent.



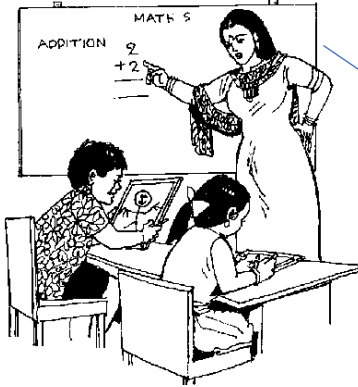
Tips to Improve Attention

1. **Establish structure and daily routine:** To help your child with ADHD establish a daily routine at home. The child is more likely to succeed if his activities are structured.

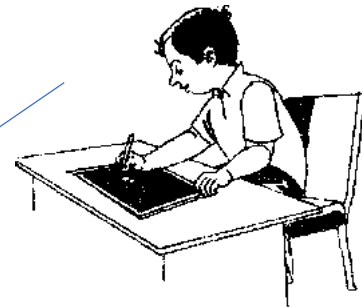
This is an Example of a Morning Routine. Parents may prepare a similar routine for their children's activities.

Time	Activity	Monday	Tuesday	Wedne	Thursday	Friday	Saturday	Sunday
7:00 AM	Brushing 							
7:15 AM	Bathing 							
7:30 AM	Dressing 							
7:45 AM	Grooming 							
8:00 AM	Breakfast 							
8:30 AM	School 							

- 2. Avoid distractions before assigning a task:** Before starting a task make sure the child is away from any things that might be distracting. Like toys on the study table, video games, television etc.



In this picture, the child is not paying attention to the teacher because he is distracted by the picture book on his study table.



In this picture, there are no distractions on the study table and the child is paying attention to his studies.

- 3. Set one objective at one time:** Parents/teachers should set one objective at a time for their ADHD child. This makes it easy for the child to pay attention and complete the objective.



In this picture the objective is to teach the child beading. Threading the beads is the activity the child is learning to meet the set objective of learning beading.

- 4. Work in steps to accomplish a task:** It's important to start teaching the child in small steps and keep him/her moving closer towards the completion of a task. It is easy for the child to pay attention to small steps.

This is only an information guide. Please consult a psychologist for more help.



For instance, the task is to teach a child to kick a ball in the required direction. This task can be split into simple and easy to learn steps.



Step 1: Bring the child closer to the ball.



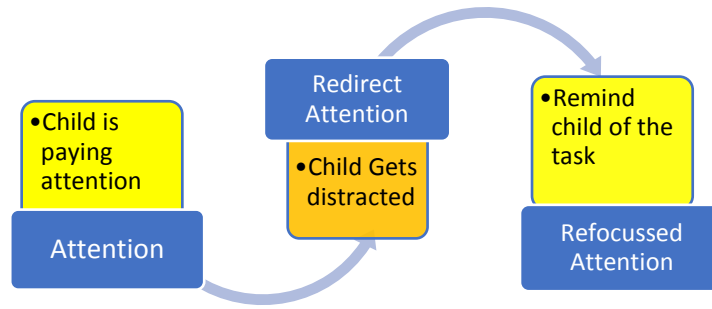
Step 2: The child learns to kick the ball with his foot in any direction.



Step 3: Child kicks the ball in the specified direction

- 5. Stay focused through redirecting attention:** Whenever ADHD children get distracted, parents/teachers should remind the child of the task they were doing, and refocus their attention on the task. Parents/teachers may have to repeat this consistently over a period.

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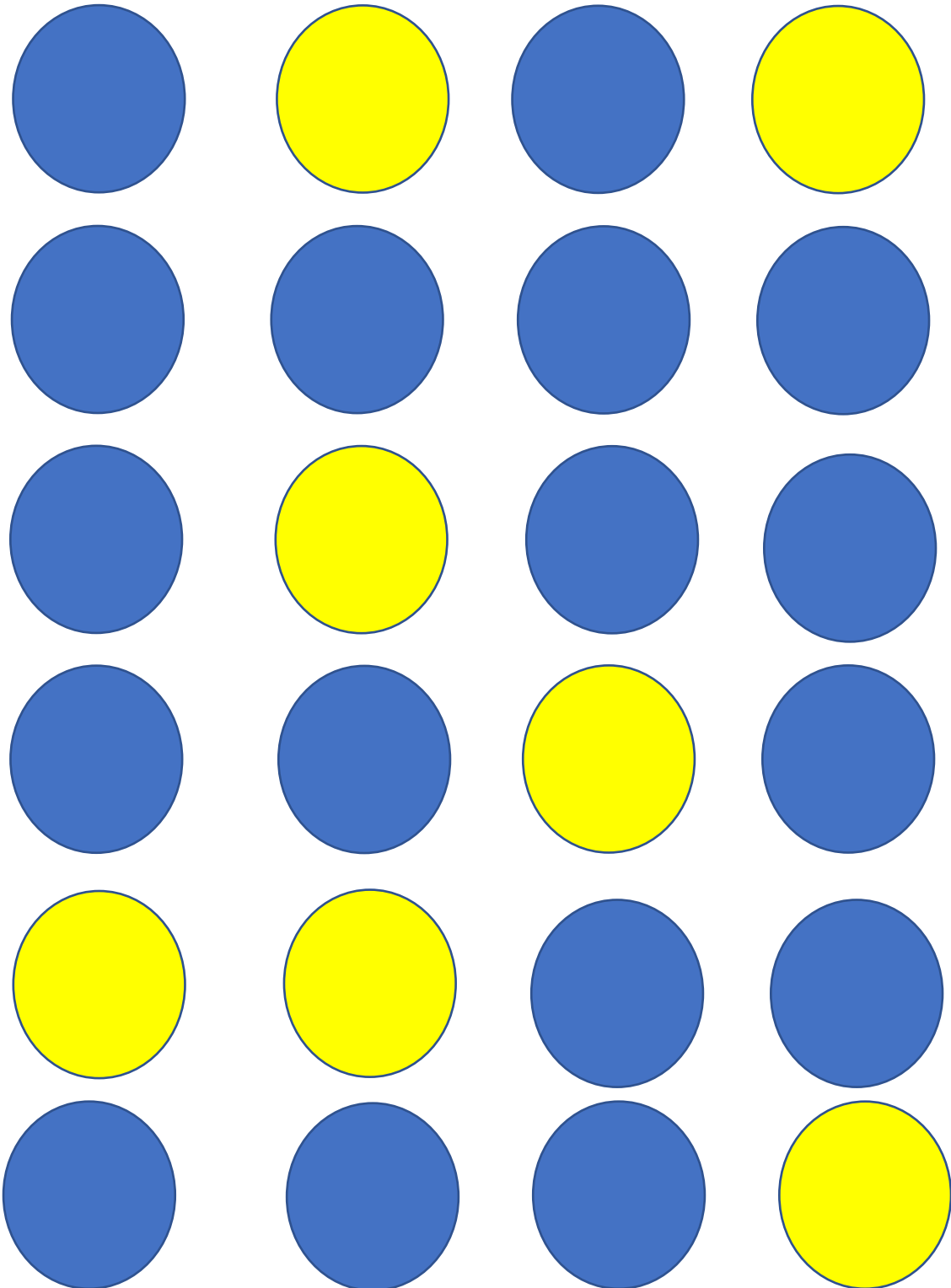
In this picture the child is distracted and not able to pay attention to the task



In this picture, the teacher redirects the child's attention and he starts focussing on the task.

Activities to Improve Attention

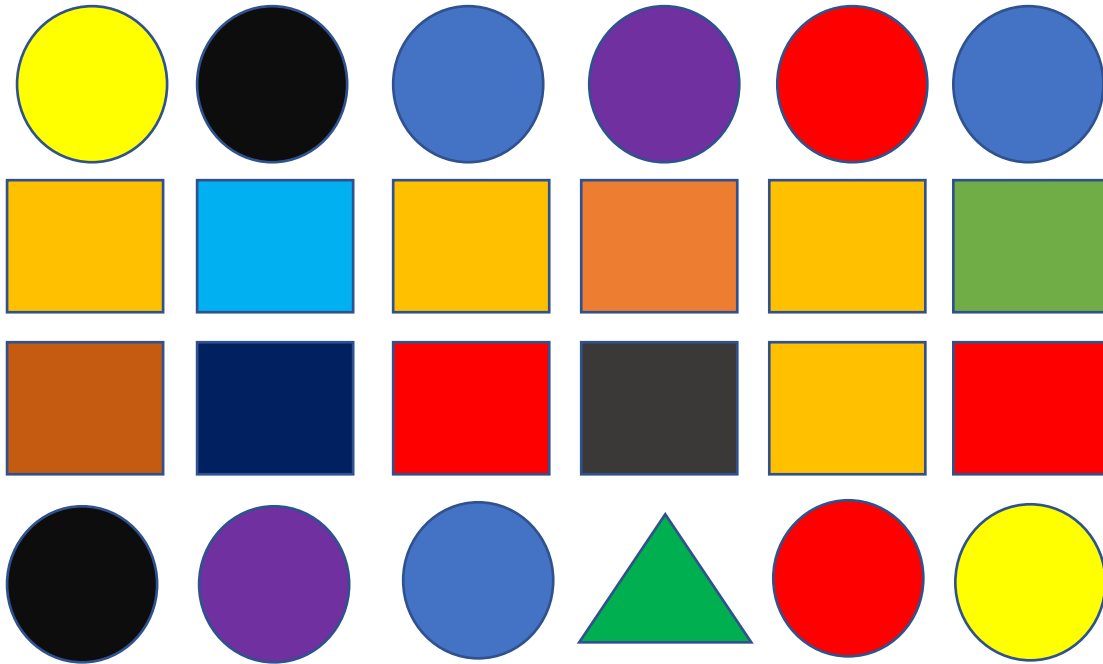
1. **Colour Cancellation Test:** This activity will improve sustained attention. Ask your child to cancel out the yellow circles. **This is a sample activity. You can make similar activities and increase the difficulty by using multiple shapes, colours and objects (animal's pictures). For best use, you may print out the activity and laminate it so that it can be reused.**



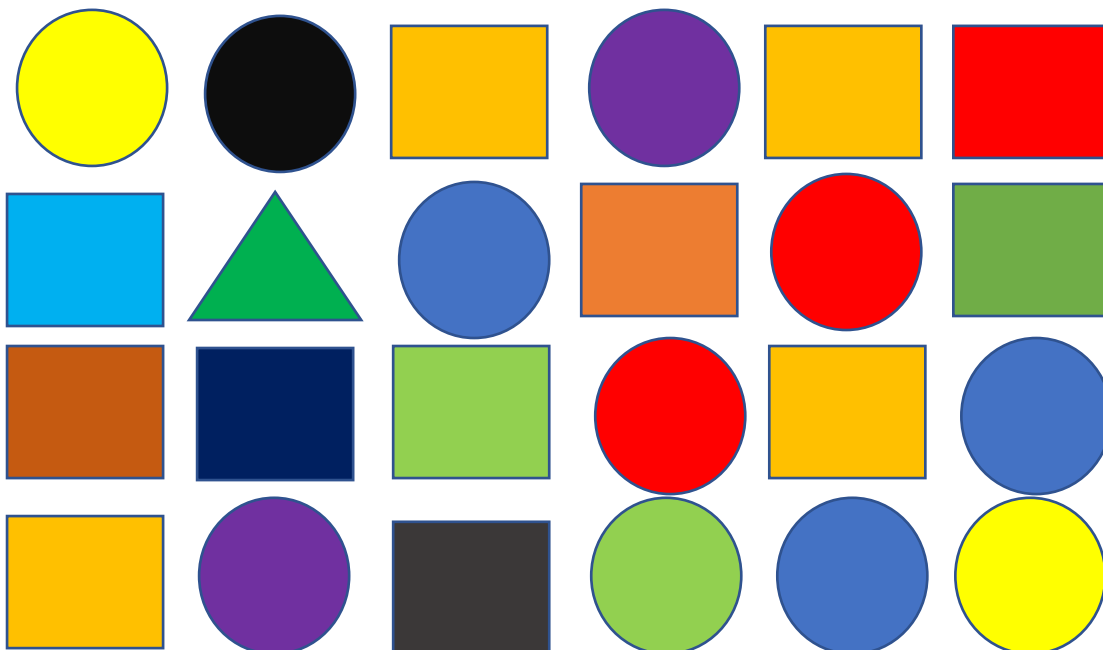
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2. This is another activity which helps to improve attention. In the boxes given below ask your child to cancel out the triangle when they see it.

Set 1

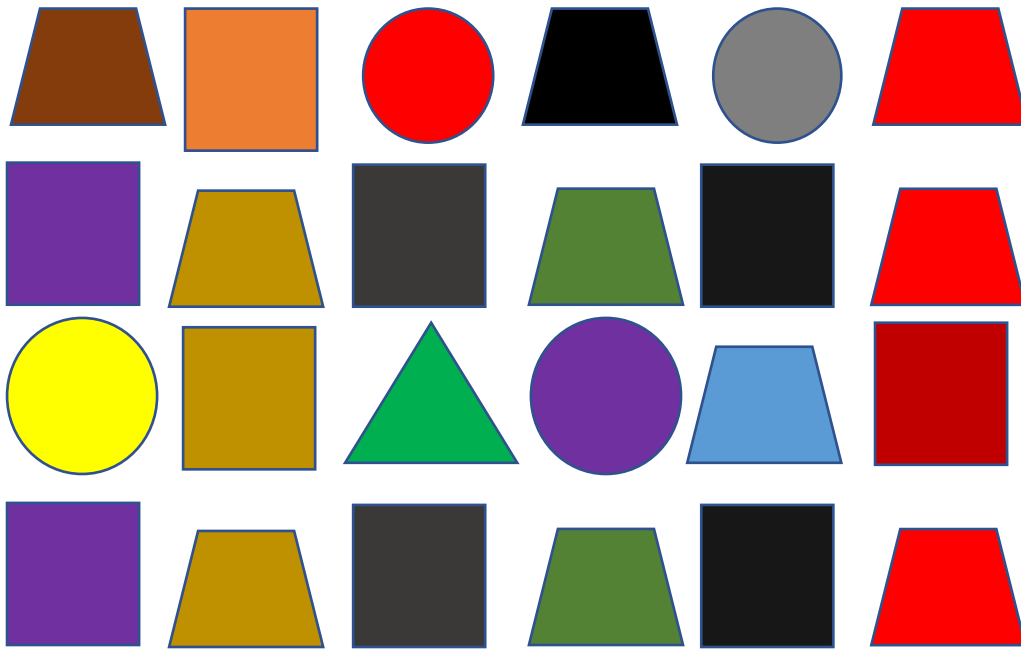


Set 2



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Set 3



Tips for Increasing Compliance Behaviour

1. **Model the expected response while repeating each step:** Parents/teacher must perform the task by giving verbal instructions for each step.



In this picture, here the parent is modelling the behaviour for the child. She is showing the boy how to greet guests by saying namaste.

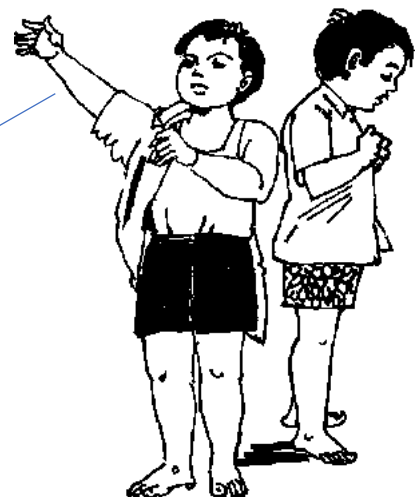
2. **Verbally give the child a sequence of two or three tasks:** Parents and teachers should verbally speak out the sequence in which the tasks are to be done.

For instance, when you are teaching the child to put on a shirt you may verbally speak the following sequence of two tasks.

"First, Wear the shirt."

"Then, button the shirt."

3. **Let the child complete the sequence while verbalising each step:** After you have given the verbal instructions of the task, ask the child to perform the task while verbalising each step.



In this picture, As the child wears the shirt he will say, "I am now wearing the shirt."

When he buttons the shirt he says, "I am now buttoning the shirt."

4. **Give positive feedback:** When your child completes a task or a sequence of tasks successfully parents/teachers should give them positive feedback.



For instance, when the child wears the shirt properly you must tell him what he did well. You may say, "you wore the shirt properly and buttoned it very well."

5. **Praising your child is important:** Parents should notice good behaviour and praise it. Praise should be genuine and specific. It should be given for task completion and other related appropriate behaviours.



Verbal Praise: *"You cleaned your room, and your table is clean. What a good girl you are!"*

6. **Build from child's success:** As the child begins to succeed at doing small tasks, you can continue to teach him/her others tasks and achieve more objectives.

Guidelines for managing children with hyperactivity

1. **Be positive before being negative:** When parents/teachers are giving instructions to a hyperactive child they should frame their statements in a positive manner.

For instance, when a child is running around and you want him/her to sit down you may say, "Come and sit down on the chair" instead of saying, "Stop running around."

2. **Act don't just threaten:** Parents/ teachers should not just threaten the child with a consequence. They must act on the consequence when the child misbehaves or breaks the rules.

For instance, if the child is misbehaving don't just threaten the child by saying, "I will not let you play if you misbehave". Stop the child from playing immediately.



In this picture, the child is snatching the toys from the other child.



As a consequence, the mother takes away his toys.

- 3. Do not give a command which you don't intend to follow through:** Parents/teacher must follow through on any commands that they give to the child. Hyperactive children often have troubles following commands. Without following through parents/teacher will not know if the child has followed the command.

For instance, if you ask the child to do his homework, then parents/teachers must check if the homework has been completed by the child.



In this picture the teacher follows through by checking if the hyperactive child has completed the homework.

- 4. Do not present the command as a question or favor:** If parents/teachers are asking the hyperactive child to do something they must not ask it in the form of a question or a favor. They must say it as a clear statement.



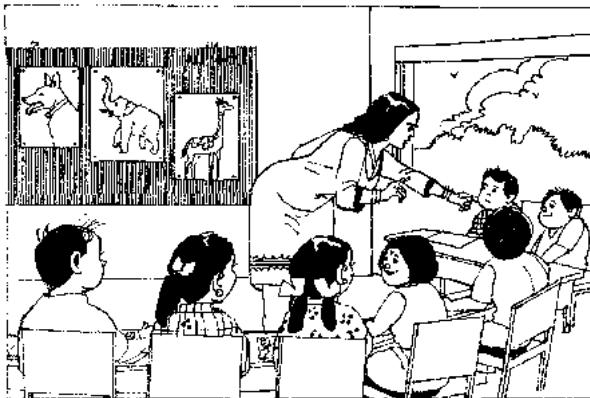
In this picture, the teacher wants the child to take off his slippers. She makes a clear statement to the child by saying, "take off your slippers." As a result the child follows her command.

5. **Be firm:** Parents/teachers must give firm and clear commands.



In this picture the teacher wants the child to stop interrupting the other children. The teacher makes a strong firm statement asking the child to stop interrupting the other children.

6. **Make sure the child is paying attention to you when you are giving the command:** Parents/teachers should make sure that the child is paying attention before they give a command. By getting the hyperactive child's attention you will be able to make sure that they listen to you better.



In this picture, the teacher is making sure that the hyperactive child is paying attention to her before making a command or statement to him.

7. **Plan for problem situation:**

Step 1: Stop before entering the site of problem situation.

Step 2: Review with your child 2 or 3 rules that he has trouble following in that situation. No long explanation, just brief statement of the rules. Ask the child to repeat the rules.

Step 3: Set up the reward.

Step 4: Explain the punishment that may have to be used.

Step 5: Follow your plan as soon as you enter this situation and give your child immediate and frequent feedback.

For instance, taking a hyperactive child to a party can present a problem situation. This is because the child may run around and not listen to the parents. So, before the party the parents may review two rules about sitting quietly and politely greeting the others. As a reward for following the rules, the parent may agree to cook the child's favourite food. The parent may also say that if the child does not follow the rules they will take the child away from the party. After the rules are clear they can go to the party. In the party, parents must provide immediate and frequent feedback to the child. If the child is behaving well they may praise him/her. If the child misbehaves they may take the child away from the party.