

Managing ADHD at Home

Suggested Tips for Parents/Caregivers That May Help Children With ADHD

Fidgets/squirms

Some fidgeting is okay

- Children with ADHD often fidget with their hands or feet, or squirm in their seat when they are supposed to sit still. Fidgeting may help your child to focus. If he or she is not being disruptive, you may want to ignore the behavior.

Give your child a “fidget toy”

- Fidgeting is not always a problem and may even help some children with ADHD focus. If fidgeting becomes distracting, try a “fidget toy.” This could be a stress ball, a pipe cleaner, worry beads, or another quiet, handheld object. Having something to hold in his or her hands may help your child stay calm and sit still.

Teach your child to relax

- Learning how to relax and be calm can be a good thing for children who are hyperactive. Teach your child relaxation techniques. Show him or her how to take several deep breaths while counting slowly to 10.

Refocus your child’s attention

- Suggest that your child focus on an activity that will keep his or her hands busy. These include things such as arts and crafts or working on a puzzle.

Try soothing sounds

- Music and other quiet sounds may help your child to relax and refocus. Classical and instrumental music often has a calming effect. The sounds of nature (eg, waterfalls, rainforests, dolphins) also may be helpful.

