

Managing ADHD at Home

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

Interrupts conversations or intrudes on others

Manners matter

- Teach and practice good manners at home. Remind your child to say “excuse me” or to wait for a pause in the conversation before jumping in to speak.
- Help your child to see social cues and understand that it is not polite to butt in when others are speaking or playing.

Discuss boundaries

- Often, children with ADHD interrupt or intrude on others. They may butt into conversations or games. The child may not know this behavior is a problem. Remind your child what is allowed and not allowed.
- Use gentle warnings when he or she gets in the way of a discussion or becomes intrusive. Explain calmly what the rule is.
- Some children with ADHD may physically intrude on another’s space to get attention. Remind your child to stay an arm’s length away from the person with whom he or she is talking. Practice this with your child.

Set limits

- You may wish to designate certain areas as “off-limits” (like a brother’s or sister’s work area when he or she is doing homework; a parent’s bedroom) to avoid intrusive behavior.

Be an example

- Set the example for your child. Show him or her how to behave socially. Set standards and enforce what you expect.
- Teach your child to listen without interrupting. Show your child how to join conversations without taking over the discussion.
- Find ways to role-play with your child to reinforce the right behavior.

Prompt and remind

- Many children with ADHD know good social skills but sometimes forget to use them. Children with ADHD may benefit most from prompts or gentle reminders about good behavior. Remember not to make your child feel badly. When you see improvements, be sure to praise him or her for use of good social skills.