

Managing ADHD at Home

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

Needs to be “on the go”

Encourage hobbies and interests

- Children with ADHD can benefit from finding good ways to direct their energy. Hobbies such as drama, dance, or taking pictures can help your child be creative. Activities such as drawing, building models, or working with clay can keep hands busy.

Arrange after-school activities

- Children with ADHD may need more guidance than other children. They also may find it helpful to have a set schedule for things they do after school. Sports and other after-school activities may be good outlets for your child’s energy.

Plan active family outings

- Doing fun things together helps with relationships and reduces stress. Exercise may have positive effects on the brain. It may help with your child’s mood, focus, and ability to learn. Choose things that your child likes to do, and allow him or her to be physically active.

Schedule “brain breaks”

- If your child has trouble staying seated, try to reduce the amount of sitting time. Allow for study breaks when your child has completed an assignment or part of an assignment.
- Encourage your child to stretch, move around, and reenergize.

Be a role model

- Learning how to relax and be calm can be a good thing for children who are hyperactive. Spend time doing quiet activities with your child.

