

Managing ADHD at Home

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

Often talks too much

Use nonverbal signals

- Set up a sign such as raising your hand or finger to let your child know that it is time to be quiet. This kind of signal can also be used to let a child know that he or she should let someone else finish talking.

Set boundaries

- Teach your child about good and bad behaviors. Use gentle warnings when your child interrupts, and state calmly what the rule is. Praise your child for good behavior.

Practice conversation skills

- Spend time teaching your child how to listen without interrupting. You can practice listening together.
- Show your child the importance of listening and letting others finish what they are saying.
- Make eye contact, and ask your child to repeat what you have said.
- Praise your child when it is clear that he or she has listened without interrupting.

Give your child a stage

- Give your child a chance to be center stage at family dinners or other gatherings. Ask questions about school, work, and other activities. When it is the child's turn to talk, be sure to praise him or her for doing a good job.

“Catch” your child being good

- Reinforcing good behavior with rewards may lead to more good behavior.
- Provide a lot of praise when your child shows control while speaking with others. You may also use activities and things that your child enjoys to reinforce the desired behavior.

