

## Managing ADHD at Home

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

#### Trouble with quiet activities

##### Spend time doing quiet activities

- 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. Try sitting together while you each read a book, knit, draw, or do a puzzle. Arts and crafts can also be a good quiet-time activity. Start with just 10 or 15 minutes of quiet activities. You can increase the time gradually as your child adjusts.

##### Minimize distractions

- While doing homework and other quiet activities, make sure that your child has a quiet place to work. If possible, this space should not be near doors, windows, or high-traffic areas. You may also find it helpful to play white noise or soft music in the background.

##### Encourage good behavior outside the home

- Prepare your child before going to a store, church, the movies, the doctor's office, etc. These are places where he or she will need to be quiet.
- Let your child know what type of behavior you expect. Explain the rules in simple language, and have your child repeat them to you.

##### Keep your child busy

- When you know your child will have to sit quietly for a period of time, take along a quiet activity to occupy him or her. For example, you might bring along a book, coloring book, handheld game, or MP3 player with headphones.
- Fidgeting is not always a problem and may even help some children with ADHD focus. If your child has trouble during quiet activities, 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.

##### Provide positive feedback

- Reinforcing good behavior with rewards may lead to more good behavior. Provide praise to your child as he or she learns to sit quietly and focus.
- Say things like "You did such a good job behaving at your grandparents' house" or "I'm so proud of you for playing quietly with that puzzle while we were waiting for the doctor."

