

Impulsivity

Youth 6 to 12 Years old



Impulsivity refers to the difficulty to stop our actions, words, thoughts or emotions from taking control. In young children, this management is difficult, so it's the responsibility of the adults around them to help and support them.



Some effects of impulsivity

Over-reacting to stimuli



Acting like a **clown** at inappropriate times

Trouble staying quiet, interrupting others while speaking

Difficulty taking a distance from emotions

Strategies to support impulsivity

1

Providing a supportive structure

Support can offer a sense of structure. Establish a daily routine and set clear rules and expectations.

2

Creating simple and realistic rules

It's important to keep the **rules** as simple and **clear** as possible. The children need to know exactly what is expected of them.

3

Encourage Healthy Release

Allow the child to release as much as possible. Determine with your child what they need and let them do it.

4

Highlighting the good and bad actions

Making a return with your child, whether the action was good or bad, can help to teach them the meaning of their actions.

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For more tips and tricks on supporting individuals with ADHD, don't hesitate to contact us!

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Sources :

1.HERRY, André. (2013). Le TDA/H en quelques mots et quelques images. TDAH/H Belgique.
2.SAUVÉ, Colette. (2018). Apprivoiser l'hyperactivité et le déficit de l'attention. 2ième édition. CHU Sainte-Justine.