

ADHD Where to start

Young 6-12 Years Old



Supporting a child with an ADHD diagnosis and guiding him through a good lifestyle involves considering several crucial aspects that have a significant impact on symptoms.



NUTRITION

The medication may decrease appetite.

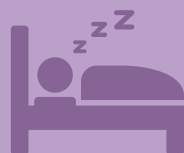
Offer high-quality, non-processed foods, a breakfast with proteins and vitamins. Watch out for sugar: feed his brain, not his ADHD!



SLEEP

Lack of sleep exacerbates symptoms.

Establish a bedtime routine, decrease the lighting, create a calm atmosphere, limit the stimuli, help to identify indicators, etc.



PLAY BOARD GAMES

The positive impact of learning through playing, such as waiting for one's turn, making requests, relationships between players, impulse control, learning to handle defeat, supporting attention and certain academic concepts, are all skills that can be developed through board games.



LIMIT SCREEN TIME

Screens have a significant impact on attention span, impulsivity, and mood. They over-stimulate the brain, leading to the excessive production of the hormone dopamine (pleasure hormone). The absence of screens can as a result put in a state of withdraw, leading in unstable mood, sleep difficulties, and challenges in social skills. How much time do your children spend looking at screens? Calculate it with them!



To engage in physical activity

Physical activity reduces tension and secretes hormones that help regulate mood. Planning short breaks to move around and recharge can improve concentration. Example: walk to school or spend an extra 15 minutes outside before taking the bus, play outside after school.



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For more tips and tricks on supporting individuals living with ADHD, feel free to contact us!

418-294-4410 |



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