

Promote autonomy

Children aged 6 to 12

WHY



Parents instinctively try to protect their children from danger and pain.

However, to **develop autonomy**, children need to learn to **act on their own**, even if this leads to **mistakes and negative emotions**. Although this can be difficult for parents, these experiences are **essential** for children's learning and independence.

GUIDANCE

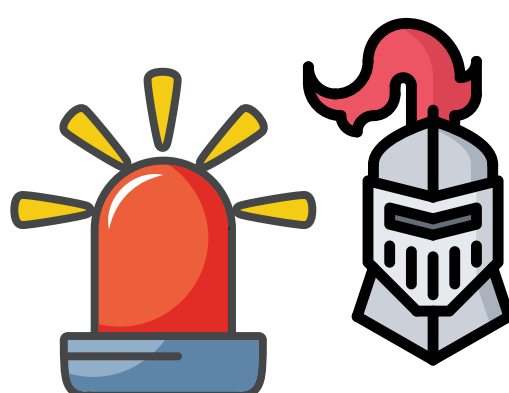
Do not skip steps. Children with ADHD require prolonged guidance, but it is crucial to avoid overprotection, which can hinder their autonomy. It is important to **gradually loosen control**, one area at a time.

LET YOUR CHILD LEARN

Overprotecting a young person means **doing things for them that they are capable of doing on their own**, which is harmful because it makes them dependent on adults. It also gives them the impression that they are not capable of accomplishing tasks.

It is important to **allow them to learn how to use tools to overcome difficulties and adapt to societal expectations**, such as waking up on their own or keeping their room tidy.

OVERPROTECTION



STRATEGY



LEAD BY EXAMPLE

Children **learn through observation**. By being organized, you encourage them to do the same. Take the time to explain your expectations and the strategies they can use. Then, let them act independently and discover their own methods. Observe without intervening, but guide them with suggestions if they encounter difficulties.

STRATEGY

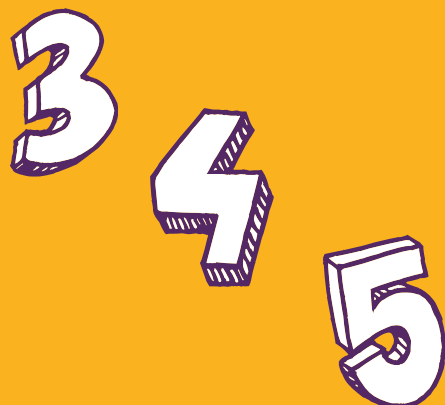


DELEGATE TASKS

Children appreciate feeling **useful** and **valued** through tasks that reflect adults' trust.

Depending on their age, they can perform activities such as setting the table, drying dishes, or folding laundry, which promotes their **autonomy** and **self-confidence**.

STRATEGIES



- Encourage the child to take **initiative** and **make decisions**, praising their efforts to develop **responsibility**.
- Be tolerant of their mistakes and teach them to **accept themselves**, avoiding yelling and **valuing their efforts**.
- Encourage them by reminding them of past successes and keep a "success journal" to track their **progress** and **strategies**.

FAILURE IS NOT THE END

A child will make mistakes, which is normal, and fear of failure can become paralyzing. It is therefore crucial to help children understand that **mistakes are part of the journey** and allow us to readjust. Failure enables **learning** and **improvement**!

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For more tips and advice on supporting people with ADHD, feel free to contact us!

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.