

Taking care of yourself

For parents



Supporting a child with ADHD or Tourette Syndrome May Require:

- Reminders;
- Adaptations;
- Time;
- Patience;
- Emotional regulation;
- Communication and tools.



Here Are Several Ways to Take Care of Yourself



Pay attention to your sleep



Go outside / spend time in nature



Eat well



Set aside time for yourself



Have a support network



Exercise / stay active



Have activity days for children

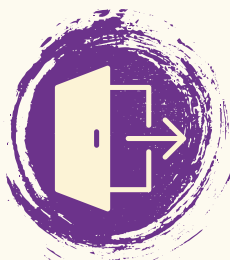


Set aside time with your partner or friends

But let's be realistic... all this is not always possible on a daily basis. What you can do:



Take a break



Step back / leave the room for a moment



Take time to breathe



Stretch



Listen to music



Use pictograms or visual cues



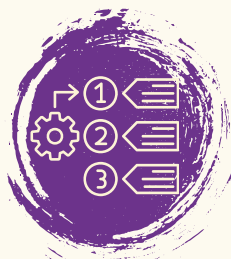
Write down what is important to reduce mental load



Use humor to defuse situations



Reduce screen use or use screens as tools (timers, reminders, lists)



Set priorities