

Supporting as a parent

Above all!

ADHD (Attention-Deficit/Hyperactivity Disorder) is a condition that primarily affects **concentration** and **attention**, the ability to control actions (**impulsivity**), and activity level (**hyperactivity**).

ADHD reflects a different way of functioning that can make certain everyday tasks more challenging, such as maintaining attention, planning, managing time, controlling impulses, or regulating emotions.



Supporting a child living with ADHD can require a great deal of **patience** and **understanding**. Establishing a **good structure** and daily routine can help you and can make all the difference!

Understand how they function

A child with ADHD may:

- have difficulty concentrating
- be impulsive
- be very physically active
- be inattentive

All of this is related to their **neurological development**

!!! It is important not to make the child feel guilty and to recognize and value their efforts !!!

Clear structure

Young people with ADHD feel better in a **predictable environment**:

- a stable routine (fixed times for waking up, eating, and going to bed)
- one instruction at a time (simple and short)
- visual supports (pictograms, routines)
- breaking tasks into small steps

Encourage and value

- Praise **positive behaviors** immediately
- Use a **reward system** (e.g., behavior chart)
- Focus on every small success

!!! Young people with ADHD often receive a lot of criticism, so they have a strong need for encouragement and recognition !!!

Maintain a connection

- Spend **quality time** with the child/teen
- **Listen** without judgment
- **Remind** them they are loved as they are

Manage energy and emotions

- Plan time for **movement**
- Help them **identify their emotions**
- Teach **simple calming strategies**:
 1. slow breathing
 2. quiet breaks
 3. a calm/relaxation corner

Adapt homework

- **Short** work periods (10–20 minutes with breaks)
- **Quiet**, distraction-free environment

Possible tools to use:

1. timer (Time Timer)
2. noise-cancelling
3. headphones

!!! Communicate with teachers to understand their expectations !!!

Get support

Professionals such as:

- psychologists
- social workers
- educators
- neuropsychologists
- occupational therapists
- etc.

can help you and provide guidance and strategies.

!!! Accept the help that is offered to you !!!

Key takeaway!

A child with ADHD doesn't need more discipline, but more **structure**, **support**, and **understanding**.



SYNAPSE
360