

Supporting as a sister/brother

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.

Above all!

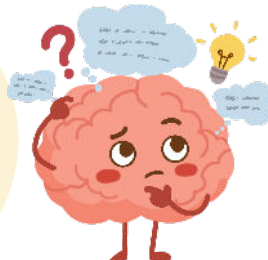


Supporting a brother or sister living with ADHD mainly requires being **understanding, patient, and supportive**.

Understand how they function

Your brother or sister is **not intentionally** being distracted, impulsive, or restless.

!!! **Their brain works differently** !!!



Be patient

Your brother or sister may interrupt, **forget things**, or **get angry quickly**.

- Try to stay **calm** and **avoid** responding with anger.
- Take a **step back** and think about the situation.



Communicate

- Use **short**, clear sentences.
- If they're not listening, **repeat calmly**.



Offer help

You can help your brother or sister to:

- **remember** instructions
- **organize** a task
- **encouraging** them

!!! **Let them do it themselves, don't do it for them** !!!



Respect

Your brother or sister **needs to move** around:

- don't **make fun** of them
- suggest sports or physical activities to **do together**



Maintain relationships

- Spend **quality time** together
- Play, laugh, and talk
- **Be present** and listen to what they have to say



Key takeaway!

Your **role** is not to be a parent, but a **respectful** and **understanding ally**.



SYNAPSE
360