

Living with children **with ADHD/ADD**



***Practical tips for parents and
carers.***

Help and advice.

www.sleepcouncil.org.uk

www.youngminds.org.uk

Speak to your GP or paediatrician



Tips for parents/carers of children with ADHD/ADD

- Children with ADHD are working in that moment in time. They struggle to respond to sticker charts that give children a reward at the end of the week,
- Remember to praise your children for all the good things they do, even if you feel today has been the worst day, there will be positives in there!
- Ignore the annoying, niggly behaviour, it's all about picking your battles!
- Give your children controlled choices, an example of this is:

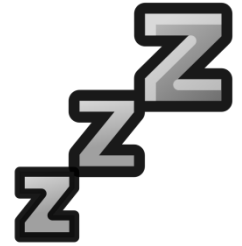
'You can either have a bubble bath or a shower, which would you like?'

- This allows the children to feel like they are in control of the situation, but realistically, you are!
- Have a Time Out area for your children, somewhere where they can go and relax and calm themselves down, a comfy area.
- Ensure you have a good routine for your children.
- Speak to your paediatrician and discuss other strategies to help support you and your children.
- **REMAIN CALM AT ALL TIMES! IF YOU NEED A BREAK, TAKE ONE. IF YOU SHOUT YOU HAVE LOST THE CONTROL!**



Sleep time is important.

We all need sleep to survive. Think about how you feel without sleep? Tired, cranky, moody, angry-it's the same for children. Children need sleep to be able to regulate their emotions, just like us! It's important that you get your children into a good, stable sleep routine.



1. Create a sleep diary and share this with professionals working with you to help them understand what happens at night.
2. Ensure that your child is in a routine and put them to bed at the same time each night. It is also important to wake them at the same time each morning.
3. Use visual aids to help your child understand what is going to happen at bed time.
4. Television viewing can hinder melatonin production so it is sound advice to avoid any screens in the hour leading up to bedtime this includes mobile phones and computer screens. Melatonin is the hormone that helps us to fall asleep and some research suggests that some children with additional needs may not produce enough or may release it later in the evening. Replace TV with calm activities.

Get more advice from www.sleepcouncil.org.uk