

## **Supporting your young person with ADHD**

Young people who have Attention Deficit Hyperactivity Disorder might struggle to;

Focus

Follow instructions

Stay on one task

Issues with their self-esteem

To support your young people at home you can do the following;

- Provide clear, consistent expectations, directions, and limits.
- Set a daily schedule and keep distractions to a minimum.
- Support activities where your young person can have personal success (sports, hobbies).
- Build your young person's self-esteem by affirming positive behaviour.
- Reward positive behaviour.
- Set consequences for bad behaviour.
- Help your teen with scheduling and organization.
- Keep a structured routine for your family with the same wake-up time, mealtime, and bedtime.
- Set up a reminder system at home to help them stay on top of schoolwork and remember projects that are due.
- Have open communication with school and teachers.
- Stay calm when giving feedback
- Make sure your young person gets plenty of sleep. Set firm rules for the TV, computers, phones, video games, and other devices. Make sure all of these are turned off well before bedtime as young people with ADHD struggle to sleep which can make focusing more difficult.