Tips for ADHD Children

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Unlocking Potential

Over the years, I've had the opportunity to teach fourth and fifth graders how to read five books in a week and memorize large amounts of information quickly. What I've consistently noticed is that children with ADHD are suddenly attentive when their brain is adequately stimulated. The ADHD mysteriously disappears. Let's take a look at some of the best tips for ADHD children.

Practical Guidance for Parents of Children With ADHD

- **Get Them Reading – No Questions Asked**
  Encourage reading for the entire family and keep a log of all the books read by everyone. The natural reaction is for children to compete with each other, and all of them, including your child with ADHD, will begin reading.
- **Get Them Talking Intelligently**
  The more the children read, the more they'll want to share what it was that they read. You'll want to encourage discussions at meal times and when riding in the car to different destinations. Once you get the kids talking about topics, not people, you can shift them into a whole new way of thinking and living. They'll realize that talking about topics is more productive than talking about people, and do it more often. Know that you're changing their personality this way – for the better.
- **What Makes Your Child Rock?**
  Learn what topics it is that stimulate your child's learning. Read up on these topics yourself so you will have another open route of communication with your child.
- **Solve Problems**
  Understand that what you do at home is going to carry over to school. Offer your child opportunities to solve problems. This is great for teens who want to do something new and need to keep busy. For example, let's say the sprinkler system breaks down, and your 16-year-old child is certainly capable of reading an owner's manual, going to YouTube to watch videos on how to repair them and is willing to give it a try.

Why not set some boundaries first – if you read the owner's manual, watch 5 YouTube videos on the matter and read what five people say about the matter along with an interview with the company, then you're willing to allow them to solve the problem. This will encourage mechanical thinking (3-D thinking) as well as problem-solving skills that he is going to need later in life.

Once he gets success in one small thing, you'll be amazed at how his confidence soars. He'll most likely walk around the house with a list of things he'll want to fix next.

The key to getting along better with children who have ADHD is allowing them to use their brains to solve problems, learn things and develop a lifelong love of learning. Only then will they grow and blossom to their fullest. When they feel as if they are making a difference, you have given them new meaning in life.