



# ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)<sup>1</sup>

## TIPS FOR MANAGING YOUR CHILD'S EMOTIONS

**Do breathing exercises.** Deep, slow breaths can help your child calm down. (5 minutes)

**Find a way for your child to burn off their excess energy.** Be creative. Use a stress ball, run in place, etc.

**Establish a place where your child can calm down.** Sometimes, a child may need to leave the room to help manage their emotions. Find a place that can help (e.g., bedroom, bathroom, going outside).

**Try using positive reinforcement before punishing.** It's important that your child know when they are behaving appropriately. Let them know by pointing out moments when their behaviour is appropriate. When things are going well, congratulate them!

## TIPS FOR FOLLOWING THE RULES

**Be consistent.** Your rules should be consistent. Try not to change them too much.

**Make your expectations clear.** Rather than telling your child what not to do, try telling them what you expect. Instead of saying "stop yelling," say "I want you to talk to me."

## TIPS FOR MAINTAINING BALANCE

**Have a clear, regular schedule.** Follow a schedule that includes playtime and quieter periods. Try to keep to the schedule as much as possible.

**Find alternatives to physical activity.** There are a variety of reasons why it may be hard to find an activity where your child can burn off energy. They can draw, touch an object (stress ball, plasticine).

**Make sure your child gets enough sleep.** Lack of sleep can affect your child's attention and mood. Limit screen time, especially in the evening. Cut out light sources at night. Do relaxation exercises before bedtime.

### Typical behaviour for a child with ADHD:

- Agitation
- Impulsiveness
- Difficulty controlling emotions
- Distraction
- Underdeveloped maturity
- Difficulty following rules
- Difficulty sleeping
- Anxiety

<sup>1</sup> Adapted from Clinique Focus. *Gestion des émotions pour l'enfant/l'adolescent*. Accessed at <http://www.attentiondeficit-info.com/pdf/gestion-emotions-enfant-adolescent.pdf> (French only).