

Behavior Management and ADD/ADHD Children The Basics

1. Communication is the most important part of behavior management with ADD/ADHD children.
2. Even though an ADD/ADHD child can recite the rules, it doesn't guarantee he/she will successfully put them into action.
3. Expectations need to be realistic and simple to understand. Plan "dress rehearsals" to demonstrate how your child will follow your expectation.
4. Grandma's Rule: "Once youthen you may...."
5. Ignore inappropriate behavior, encourage appropriate behavior.
6. Reward systems can be used along with rules & expectations.
7. Time-in: Catch your child being good!
8. Time-out.
9. Use transition periods, structure.

Martin, Grant. L., Ph. D., *The Attention Deficit Child*, Cook Communication, 1998, p. 184
Flick, Grad L., Ph. D., *Power Parenting for Children with ADD/ADHD: A Practical Parent's Guide for Managing Difficult Behaviors*, The Center for Applied Research in Education, 1996. pp. 70-71

Want to learn more? Sign up for one of our parenting classes.
Call The Parenting Center to learn more.

817.332.6348