ADHD and Your Family: Lifestyle Changes

Are you dealing with ADHD in your family? Did you know that there are many things you can do to help your child, just by changing diet, nutrition and lifestyle? These tips from the Help Guide – Harvard Collaboration, address some of the *lifestyle changes* that may be helpful. Choose the ones that you think will work for you!

https://www.helpguide.org/articles/add-adhd/when-your-child-has-attention-deficit-disorder-adhd.htm

Tip 1: <u>Stay positive & healthy yourself</u>

    a. Maintain a positive attitude
    b. Keep things in perspective
    c. Don't sweat the small stuff
    d. Believe in your child
       SELF CARE
      a. Seek support
      b. Take breaks
      c. Take care of yourself

Tip 2: <u>Establish structure and stick to it</u>

    a. Follow a routine
    b. Use clocks and timers
    c. Simplify your child's schedule
    d. Create a quiet place

e. Do your best to be neat & organized
f. Avoid problems by keeping kids with ADHD busy!

Tip 3: **Encourage movement and sleep**
a. Have child engage in sports, music, martial arts, etc.
b. Decrease television time
c. Eliminate caffeine
d. Have 'down time' before bedtime with quiet activities
e. Cuddle with your child(nurturing)
f. Essential oil aromatherapy, relaxation tapes in child's room

Tip 4: **Set Clear Expectations & Rules**
a.Write down the rules, simple & clear
b. Organized system of rewards & consequences

PRAISE & REWARD positive behavior
1. Change rewards frequently
2. Consequences outlined in ADVANCE & should occur immediately!
3. Time-outs & removal of privileges for misbehavior

Tip 5: **Help Your Child Eat Right**
a. Fresh foods, regular meal times, eliminating "junk food" as much as possible

Tip 6: **Teach Your Child How to Make Friends**
a. Role-play various scenarios with your child
b. Select playmates with similar language & physical skills
c. Invite 1-2 friends over initially(zero-tolerance for hitting, pushing, yelling)
d. Make time & space for child to play & reward good play behaviors