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How to help a child with ADHD

- Children with ADHD are exposed to lots of negative feedback. Use **words of encouragement** to reward good performance and provide a more positive experience in the classroom and at home. Make sure your feedback is specific. For example, you might say 'Good job colouring in so neatly!' rather than 'Good job'.
- Children with ADHD need **good sleep** with a regular routine. To help children to fall asleep quickly, provide them with warnings of upcoming sleep or nap times (a 5 minute warning and a 1 minute warning). Limit screen time before sleep and limit distractions by reducing light and sounds.
- ADHD symptoms are reduced with frequent, **vigorous exercise**. Provide children with an opportunity to exercise, and give instructions to encourage running and jumping.
- Give **clear instructions**, and check with the child to see if they understand what they need to do.
- In the classroom, children with ADHD should be **seated close to the teacher** and away from windows, doors and noisy peers.

