

NEWSLETTER

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Simple Skills for Parenting ADHD

When ADHD and homework are present together it can be frustrating to keep your child on track. It is best to have the child in a location where there are no distractions (television, conversations, etc.). While doing homework, allow the child to have regular study breaks by getting up and moving around for a brief period. Have a good homework routine at the same time each day and try not to rush the homework time for the child; trust me they are going to rush enough on their own without your help.

Communicating with a child with ADHD can be frustrating. To the best of your ability, when talking to the child, make sure you are in the same room and not talking with a wall between you and the child. Make sure that the child has stopped what they are doing and is looking at you to promote and build their listening skills. Often this simple mistake creates the thought that the child is being defiant and not listening to you.

“Your ADHD is not your enemy but a source of your brilliance.”

If you tell a child with ADHD to “put your shoes on, brush your hair because we’re going to Walmart” they only hear “we’re going to Walmart” and you find them running out the door without the first two tasks being done – result frustration on parents’ behalf. Give a child with ADHD single directives to ensure that they can comply with your directives and not appear defiant.

To work on improving sleep for a child with ADHD the bedtime routine should be warm bath/shower, brush teeth, and bed with no electronics in-between. The blue light that emanates from electronics stimulates the brain and will prolong ability to fall asleep. Try using white noise in the bedroom if a child needs noise in the room to fall asleep.

Children with ADHD need activities that exhaust their energy. Outside activities such as ball games, playgrounds, riding a bike are all good options to help exhaust their energy. Keep in mind when a child with ADHD is sitting in front of a television or gaming console all day – you may be fooled to think they are able to sit still with no hyperactivity – when in fact the stimulus from the shows or game is often enough to satisfy the active brain of the child – don’t be fooled.



I have provided years of therapy for children with ADHD and helping the parents gain the skills that will aid in a positive parent/child relationship. If you desire therapy in this area, you can contact me via email or phone to discuss your needs further.