

Tips For Parenting A Child With ADHD

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Are you parenting a child with ADD/ADHD? If so, you know how overwhelming and frustrating it can be. As a parent, you want to be there for your child no matter what, but when you feel like you've done all you can to make them listen, you may start to feel helpless. Believe it or not, there is a lot you can do to help control and reduce the symptoms of ADD/ADHD. The earlier and more consistently you address your child's challenges, the greater the chance they will have for success later in life.

Tip #1 - Stay positive

A child who is suffering from this condition doesn't want to be disobedient – they want to go to sleep when they're told and keep their rooms clean, but they can't. It's important to know that your child is just as frustrated that they can't do the things that you're asking! Keeping this in mind will allow you to respond to your child in a more positive and supportive way.

Tip #2 - Understand the effects it has on the family

It's important to understand that the impact of your child's behavior affects the family as a whole!

Impact on Siblings

Because of these behaviors, siblings of kids with ADHD face many challenges:

- They may have to act as parents for their sibling and may be blamed if their sibling misbehaves under their supervision

- Because of this, their love for their sister or brother may be mixed with jealousy and resentment
- Their needs may get less attention than their sibling with ADD/ADHD
- Their successes may not be celebrated as much as their siblings

[SIBLINGS AND ADHD](#)



Impact on Parents

- The demands of the child can be physically and mentally exhausting
- Frustration because of the child's inability to listen
- Anger and also guilt for feeling angry at your child
- Difficulty accepting your child's behavior, especially if your child's personality is drastically different than your own

[STRATEGIES AND SUPPORT FOR ADHD PARENTS](#)

[A REAL MOMS STORY: RAISING A CHILD WITH ADHD](#)

Living in a home filled with love and structure is the best thing for a child living with this condition. In order to meet the needs and challenges of raising a child with ADD, you must be able to combine compassion and consistency.

Tip #3 - Establish a structure and stick to it

Children with ADHD are much more likely to succeed in completing tasks when they occur in predictable patterns and places. If you create this structure, your child will know what to expect and when to expect it.

- Follow a routine
- Simplify your child's schedule
- Do your best to be neat and organized



Tip #4 - Help your child eat healthy

Children with ADD tend to eat irregularly. Eating patterns that are unhealthy and inconsistent can be devastating to physical and emotional health. [Prevent unhealthy eating patterns](#) by scheduling nutritious meals or snacks no more than 3 hours apart – a child with ADD needs a regular intake of healthy food. Eating small meals more often may give your child a physical and psychological break.

- Get rid of the junk food in your home
- Put unhealthy foods off-limits when eating out
- Turn off television shows with junk-food ads
- Provide your child with daily vitamins

[8 HEALTHY SNACKS FOR KIDS WITH ADHD](#)

[HEALTHY SNACKS FOR THE ADHD BRAIN](#)

For more ADD/ADHD Parenting tips visit

[Help Guide](#)

References:

ADD/ADHD Parenting Tips Helping Children and Teens with Attention Deficit Disorder. (2015, February 1). Retrieved March 1, 2015, from <http://www.helpguide.org/articles/add-adhd/attention-deficit-disorder-adhd-parenting-tips.htm>