

## Parenting with Purpose: Finding Answers to Your ADHD Questions

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At Rosario Counseling & Associates, we understand the challenges parents have in raising happy, healthy children. Leading them down the road to success can have many detours along the way. Is your son or daughter struggling with being attentive in school or acting in ways that interfere with home life? If your child has exhibited several behaviors below, consider seeking a diagnostic evaluation at Rosario Counseling & Associates for ADHD, known as Attention Deficit Hyperactivity Disorder:

1. Difficulty staying on task, or completing an activity
2. Fidgety with hands and feet; cannot stay seated
3. Interrupts often; blurts out answers before question is completed
4. Has difficulty following instructions from others
5. Has difficulty playing quietly
6. Talking excessively
7. Losing things; forgetful
8. Easily distracted by outside stimuli
9. Tendency to "hyper-focus" on certain activities

ADHD is a neurological condition that affects 8% of children in the U.S., and is one of the most commonly diagnosed disorders among school-aged kids. The good news is that ADHD/ADD is treatable. When treatment is sought, parents, as well as the child, can experience notable change.

Without treatment, problems associated with ADHD are frustrating for parents and teachers, while children often become depressed, and experience low self-esteem. Regularly remind him or her of their positive personality attributes, skills and achievements. Often, children with ADHD are highly gifted; help them discover what comes naturally, to build self-confidence.

### Useful strategies:

**Keep the schedule simple and predictable:** The child may become overwhelmed with too many activities and exhibit problem behaviors; make set times for events, such as bedtime

**Be clear and consistent with expectations:** Simplify rules, provide immediate consequences, such as removal of privileges, or a time-out. Offer incentives for desired behaviors.

**Teach organizational skills:** have a clean, quiet work space for school work; help your child go through papers and assignments daily; have a clock, calendar and supplies in a convenient place.

**Improving ability to focus:** Seek activities such as martial arts, that teach self-control and perseverance. Sports can also redirect some of your child's aggressive tendencies or verbal outbursts.

**Seek support from the community:** connect with others who are similarly affected and learn about local resources: [www.chadd.org](http://www.chadd.org)

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