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How To Help Your Child Cope With ADHD

By Sue Perkins

A child with ADHD can control some of his or her behavior problems with medications and therapy. Both the parents and the children with ADHD need extraordinary assistance and support to develop techniques for supervising the patterns of activities. Therapists help children with ADHD cope with their daily problems. The therapists also assist families of children with ADHD in the betterment of their relationships with each other so they can handle the unruly behaviors and encourage change. There are five common therapies that are specially designed to help people cope with ADHD.

Psychotherapy is the most common of all. It works by helping people with ADHD to love, appreciate and eventually accept themselves. Patients learn alternative ways of handling their emotions by talking about hurtful thoughts and feelings. In this way, the patient is able to suppress his or her inappropriate feelings and explore mechanisms of behavior.

Social skills training can help children learn new behaviors that are vital in developing and maintaining social relationships. Social skills training helps the child to develop better ways to play, work and relate with other children of the same age.

BT or behavioral therapy works by helping people with ADHD change their views rather than helping the child realize his or her feelings and actions.

Support groups connect parents and families with other people in the same situation. Sharing experiences with others who have similar problems helps people know that they aren't alone and gives them a sense of belonging.

Parenting skills training gives parents techniques for supervising their child's behavior. An example of these techniques is the reward system or gift system, wherein the child is rewarded for his or her good deeds and completed tasks.

Parents' verbal and nonverbal communication with their children has a direct impact on the way their children talk, act and behave. The more you improve the relationship and communication between yourself and your children, the more you help the child with ADHD to mature into a strong, healthy, productive and responsible person.

Parents must change the way they speak to their children. They must be aware that no one likes to be yelled at. Listening is better than talking and is essential to good parent-child relationship. Listening makes the speaker feel respected and important. Here are few good listening habits: Try to find the positive in what is being said, try to truly appreciate the other person's point of view , repeat in your own words what you think the child is saying, and most of all listen first before talking.

The more positive interactions the parent and their child have, the better. Parent and child should have time to play together, sing together, dance together, share concerns, and enjoy companionship with each other.

If you are looking for more ways to experience

<http://recognizingadhd.com/blog/2006/12/28/how-to-help-your-child-cope-with-adhd/> please go to <http://www.recognizingadhd.com/adhd.html> where you can sign up for a free newsletter.

Tips On Coping With A Child With ADHD

By Tina Barraclough

Tips On Coping With A Child With ADHD

by: Tina Barraclough

I am a mother of a 6 year old son who was recently diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). I am by no means an expert on this subject - I am only a mom who struggles to help my ADHD child.

Listed below are some tips I have learned from experience along the way.

1. Life with a child who has ADHD has its challenges, but remember that your child is not acting up because they want to be difficult - they can't help it. So it's up to you to stay calm and avoid arguing with your child. It helps to keep the daily routine and home life as calm, predictable and stress-free as possible.
2. Accept that there is a problem, whether or not you accept the diagnosis. Denial will not help you or your child.
3. Be prepared to feel guilty about the time you spend with your ADHD child compared to the time you spend with your other children. Other family members may start to feel like you are neglecting them.
4. Take care of yourself - it is often challenging to raise a child with ADHD. Caring for your own physical and mental health is an important part of helping your child, and will provide you with the necessary energy when you need it the most.
5. The most important thing is NEVER punish your child while you are angry. Take a breather away from the child before you hand out any punishment to your child. Discipline that belittles or shames a child can truly be harmful.
6. Start rewarding instead of punishing. You've probably already discovered how useless it is to try to punish your child when he's running around or tuning you out. What I have found with my child is how well he responds to simple rewards. Praise good behavior immediately ("You brushed your teeth, just like I asked you to! Thanks so much!") and give your child a reward that pleases him such as a special snack or extra time to watch TV, for example. The reward should be something he can enjoy right away; kids with ADHD don't like to wait.
7. Realize you are not alone. There are many parents out there who have a child with ADHD. If you need to talk to someone, you can find support groups out there. Talk to your Doctor or Therapist. They can point you in the right direction to find support.

Tina Barraclough is a stay at home mom and owner of <http://best-home-based-business-idea.com> Visit

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