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## **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 a 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 your 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 her website for Business Opportunities, free e-books,Business Articles,etc. [tinabarr4@msn.com](mailto:tinabarr4@msn.com)

## What Causes ADHD?

By Sue Perkins

Parents of children with ADHD often blame themselves for it. But studies show little evidence that ADHD is caused by social factors or child-rearing methods, indicating instead that genetics and neurobiology are to blame. Environmental factors do not give rise to ADHD completely, but only influence the situation and level of impairment the person may experience.

There are six possible causes of ADHD-like behavior: learning disability, a sudden change in the child's life like loss of loved one, seizures, hearing difficulty, brain dysfunction, and anxiety.

There are four major causes of ADHD, namely, environmental agents, brain injury, food additives and sugar, and genetics. Studies show that environmental agents such as alcohol and cigarettes are risk factors for ADHD. Health professionals recommend that it is best to avoid both cigarettes and alcohol during pregnancy. Recent studies also link smoking and other substance abuse for the duration of pregnancy to the disorder.

Early studies show that attention disorders were caused by brain injury. Children who show some signs of ADHD are most likely the ones who suffered from brain injury.

It has been suggested that food additives and sugar cause attention disorders, too. But recent studies have shown that there are no considerable effects of sugar on the behavior or learning of children.

Attention disorders are often hereditary, passing from generation to generation. Attention disorders are likely due to the genetic makeup of an individual. This is the most scientific basis as to the cause of ADHD. Studies show that attention-deficit hyperactivity disorder is more common in children who have close relatives with the disorder.

Health professionals know that ADHD is caused by a weakness in how the brain utilizes chemicals called neurotransmitters. These chemicals assist in sending messages between nerve cells in the brain. Children with ADHD do not make enough chemicals in key areas in the brain which are responsible for organizing one's thoughts. Without enough of these chemicals, the organizing centers of the brain don't perform well.

When ADHD is diagnosed early on, it is easier to build up strategies and coping methods that can minimize its effects. If the child is not diagnosed early, parents and teachers may become frustrated and even angry at the child's behavior. The child himself may develop poor self-esteem over these issues, too.

There is no official test to determine ADHD, so it's crucial that parents, doctors and teachers all work together to share information about the child so that he or she can be diagnosed correctly.

Scientists and specialists are looking for further evidences that can support that ADHD does not branch from the home environment, but from scientific causes such as genetics and neurobiology. Knowing the true causes of ADHD can lessen a parent's feeling of guilt for the condition. Sue Perkins has an interest in ADHD. For further information on ADHD please visit [ADHD](#) or [ADHD Symptoms](#) .

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