

Level 2 Early Help



ADHD Support Parenting/Carer Pack

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Introduction

Dear Parents and Caregivers,

Welcome to our ADHD Support Parenting Pack. We hope this pack supports you in your parenting journey.

Parenting a child with ADHD can be both rewarding and challenging, but it's essential to remember that you have the power to make a significant difference in your child's life. Our ADHD Support Parenting Pack has been created to provide you with the information, strategies, and emotional support needed to navigate this path.

What to Expect from Our Support Pack:

Comprehensive Information: Our pack includes educational materials about ADHD, the diagnostic process, and various treatment options.

Practical Strategies: You'll find advice on behaviour management, educational support, and coping mechanisms to empower you and your child.

Nutrition and Wellness: Discover the role of diet, exercise, and overall well-being in managing ADHD symptoms.

Emotional Support: We offer resources for connecting with others who understand your challenges and experiences.

Please remember that your journey is unique, and it's okay to seek help, ask questions, and reach out for support.



Understanding ADHD

ADHD (Attention Deficit Hyperactivity Disorder)

ADHD, which stands for Attention Deficit Hyperactivity Disorder, is a neurodevelopmental disorder that primarily affects children but can persist into adolescence and adulthood. It is characterized by a persistent pattern of inattention, hyperactivity, and impulsivity that interferes with daily functioning and development. ADHD is a clinically diagnosed condition, and its exact cause is not fully understood but is believed to involve a combination of genetic, environmental, and neurological factors.

Common Symptoms of ADHD

Inattention

Individuals with ADHD often struggle to focus on tasks and may make careless mistakes in schoolwork or other activities. They find it challenging to sustain attention to details and tend to have difficulty organizing tasks and activities.

Hyperactivity

Hyperactive symptoms manifest as excessive and inappropriate levels of physical activity. This can include restlessness, fidgeting, running or climbing in inappropriate situations, and an inability to remain seated when expected.

Impulsivity

Impulsivity involves hasty decision-making without thinking about the consequences. People with ADHD may blurt out answers, interrupt conversations, or have difficulty waiting their turn.

Challenges Associated with ADHD

Academic and Occupational Challenges

Children with ADHD may struggle in school due to difficulties in paying attention and staying organized. Adults with ADHD may find it challenging to maintain steady employment.

Social and Relationship Difficulties

ADHD can affect social interactions. Impulsivity and inattention can lead to misunderstandings, conflict, and difficulty in maintaining relationships.

Low Self-Esteem

Repeated experiences of underachievement, difficulty in completing tasks, or receiving criticism can lead to low self-esteem and a negative self-image.

Risk of Coexisting Conditions

Individuals with ADHD are at higher risk of developing other conditions, such as mood disorders, anxiety, and substance abuse, which can complicate their lives further.

Importance of Early Diagnosis

Early diagnosis of ADHD is crucial for several reasons:

Early Intervention:

Identifying ADHD at an early age allows for prompt intervention. Behavioural therapies, educational support, and, if necessary, medication can be initiated to help manage symptoms and improve a child's quality of life.

Preventing Academic and Social Struggles

Early diagnosis and intervention can mitigate the academic and social difficulties that children with ADHD often experience. It can prevent a cycle of failure and low self-esteem.

Effective Management

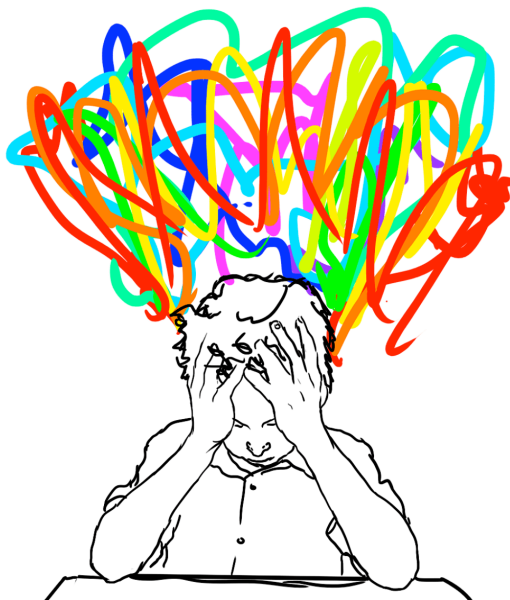
Managing ADHD is an ongoing process. Early diagnosis provides a head start in developing strategies for coping with symptoms, learning new skills, and understanding how to navigate life with ADHD.

Improved Quality of Life

With proper support and early intervention, individuals with ADHD can lead fulfilling lives and achieve their potential in various areas, from academics to career and relationships.

Parental and Caregiver Education

Early diagnosis allows parents and caregivers to educate themselves about ADHD, seek support, and connect with healthcare professionals who can guide them in helping their child effectively.



ADHD is a complex neurodevelopmental disorder characterized by inattention, hyperactivity, and impulsivity. Early diagnosis is essential to initiate interventions that can mitigate the challenges associated with ADHD and improve the overall quality of life for individuals affected by the condition.

Diagnosis and Treatment

The process of diagnosing Attention Deficit Hyperactivity Disorder (ADHD) in children typically involves a comprehensive evaluation that considers both the child's behaviour and medical history.

Here's an overview of the diagnostic process:

Clinical Assessment

A healthcare professional, such as a paediatrician, child psychiatrist, or clinical psychologist, conducts a thorough clinical assessment. This involves obtaining information from parents, teachers, and other caregivers about the child's behaviour.

DSM-5 Criteria

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), outlines the criteria for diagnosing ADHD. To be diagnosed with ADHD, a child must exhibit a persistent pattern of inattention, hyperactivity, and impulsivity that significantly impairs their functioning and development. Symptoms must be present in two or more settings, such as home, school, or social settings.

Rule Out Other Conditions

ADHD symptoms can overlap with other conditions, so it's essential to rule out other potential causes of the child's behaviour. Conditions like anxiety, depression, learning disabilities, or sensory processing issues may share some symptoms with ADHD.

Medical Evaluation

A medical examination may be performed to rule out any physical or medical issues that could be contributing to the symptoms.

Behavioural Assessments

Observations and structured assessments may be conducted to further evaluate the child's behaviour and cognitive functioning.

**Where can you
access support?**

The Lighthouse Developmental Centre (NHS)

The Lighthouse Child Development Centre offers services for children and young people aged 0 to 18 years who have neurodevelopmental and neurodisability disorders.

It provides a comprehensive assessment service that identifies, investigates and assesses their development needs and offers appropriate support, intervention and advice.

Review of History

A detailed history of the child's behaviour, development, and family history is often collected.

Parent and Teacher Questionnaires

Standardized questionnaires, such as the ADHD Rating Scale, may be used to gather information from parents and teachers about the child's behaviour.

School Records

Academic records, including report cards and teacher comments, are reviewed to assess the child's school performance and behaviour in the classroom

Treatment Approaches for Children with ADHD

Treatment for children with ADHD typically involves a combination of approaches tailored to the individual's specific needs.

These approaches can include:

Medication- Medication is often prescribed to manage ADHD symptoms. Common medications include stimulants (e.g., methylphenidate, amphetamine-based drugs) and non-stimulants (e.g., atomoxetine). Medication can help improve focus, attention, and impulse control.

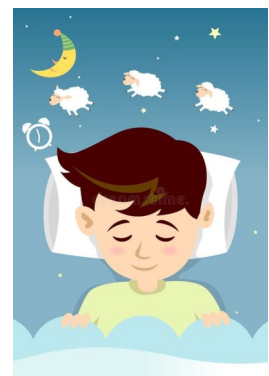
Behavioural Therapy - Behavioural therapy, including cognitive-behavioural therapy (CBT), can help children learn strategies to manage their behaviour, improve impulse control, and develop problem-solving skills.

Parent Training- Parents may participate in training programs designed to help them better understand ADHD and learn effective parenting strategies. These programs teach techniques for managing behaviour, providing structure, and offering emotional support.

Educational Support- Collaboration with schools to develop Individualised Education Programs (IEPs) as they can help children receive accommodations, such as extended testing time or preferential seating, to support their learning.

Social Skills Training- Social skills training can help children with ADHD improve their interpersonal skills and build better relationships with peers.

Lifestyle Changes- Encouraging healthy lifestyle habits, including a balanced diet, regular exercise, and adequate sleep, can help manage ADHD symptoms. Reducing exposure to environmental toxins and screen time may also be beneficial.



Importance of a Multi-Faceted Approach

A multi-faceted approach to treating children with ADHD is essential because ADHD is a complex condition with various contributing factors.

Here's why a multi-faceted approach is crucial:

Tailored Treatment

Each child with ADHD is unique, and their treatment should be customized to address their specific symptoms and needs.

Comprehensive Support

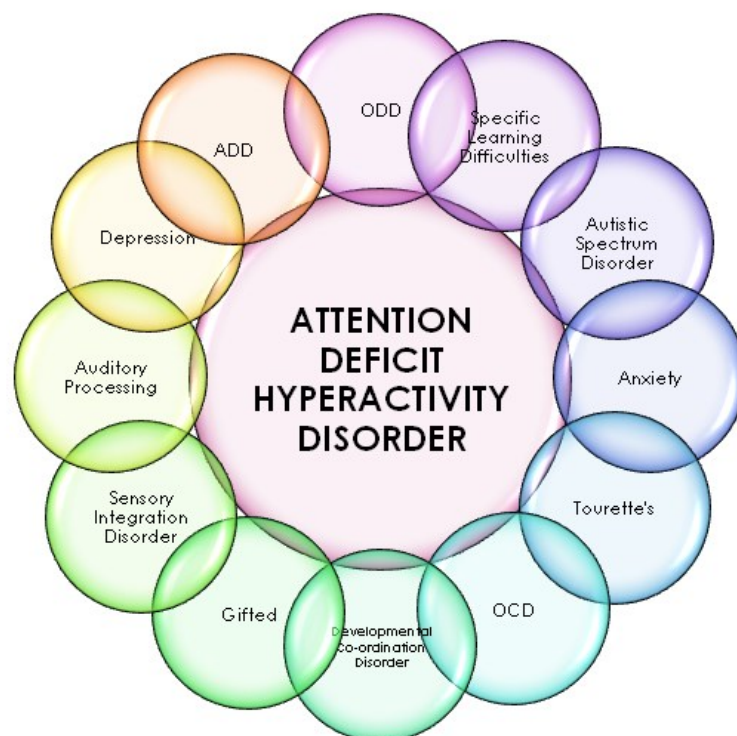
A multi-faceted approach provides comprehensive support to address the various challenges associated with ADHD, including academic, behavioural, and emotional difficulties.

Maximizing Effectiveness

Combining treatments such as medication, therapy, and lifestyle changes can maximize the effectiveness of ADHD management and improve outcomes.

Long-Term Success

ADHD management is an ongoing process, and a multi-faceted approach equips children with the skills and support they need to succeed in the long term, not just in the short term.



The diagnosis of ADHD in children involves a thorough evaluation process, and treatment approaches often encompass a combination of medication, therapy, lifestyle changes, and educational support. A multi-faceted approach is vital to address the multifaceted nature of ADHD and promote the child's overall well-being and development.

Strategies for Managing ADHD: Behavioural and Educational Support

Managing ADHD involves a combination of strategies that address both behavioural and educational aspects.

Here are some effective strategies for managing ADHD in children:

Behavioural Strategies

Behaviour Modification

Implement behaviour modification techniques to reinforce positive behaviour. Use a system of rewards and consequences to encourage desired behaviours and discourage impulsive or disruptive actions. This can include a token system, sticker charts, or a point system.

Structured Routine

Create a structured daily routine that includes set times for waking up, meals, homework, play, and bed-time. Consistency provides a predictable environment that can help children with ADHD.

Clear Instructions

Use clear and concise instructions, especially when assigning tasks or chores. Break tasks into smaller, manageable steps and provide step-by-step guidance.

Time Management

Teach time management skills, such as using timers or visual schedules, to help children stay on track and manage their time effectively.

Organization

Teach organizational skills, including using checklists, color-coding, and keeping a tidy workspace. Consider using tools like organizers or digital apps for scheduling and task management.

Positive Reinforcement

Praise and reward positive behaviours and achievements. Positive reinforcement can motivate children with ADHD to exhibit desired behaviours.

Self-Monitoring

Encourage self-monitoring by helping children track their own behaviour and recognize when they are on or off task. This self-awareness can be a valuable skill for self-regulation.

Breaks and Movement

Allow for periodic breaks and physical activity to release pent-up energy. Short, scheduled breaks can help improve focus and reduce restlessness.

Remember:

- ⇒ Work with your child
- ⇒ Be consistent and clear
- ⇒ Pick your battles wisely
- ⇒ Identify triggers
- ⇒ Don't punish them for having ADHD
- ⇒ Be flexible
- ⇒ Self-care



Good Morning Routine



Make Bed



Go to the
washroom



Wash Face



Brush Teeth



Brush Hair



Get Dressed



Eat
Breakfast



Put Shoes
On



Good Night Routine



Put Toys
Away



Eat Dinner



Take a Bath



Put On
Pajamas



Brush Hair



Brush Teeth

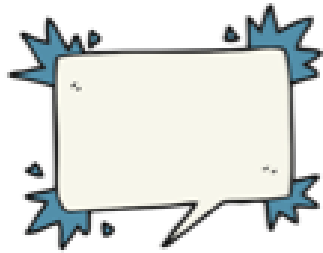


Go to the
washroom



Read a Book

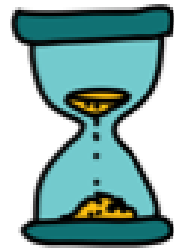
Calming Cards



Use positive
self-talk



Make a list
of choices



Take a
break



Take a walk



Write down
your thoughts



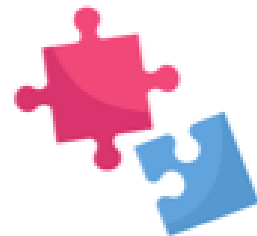
Have a drink



Hug a
favourite toy



Listen to
music



Do a
puzzle

what can
I do?

I can...

calming

strategies

water and snacks



ask for a hug



read a book



use fidget toy



hug a teddy



blow pinwheel



build something



rainbow breaths



do a puzzle

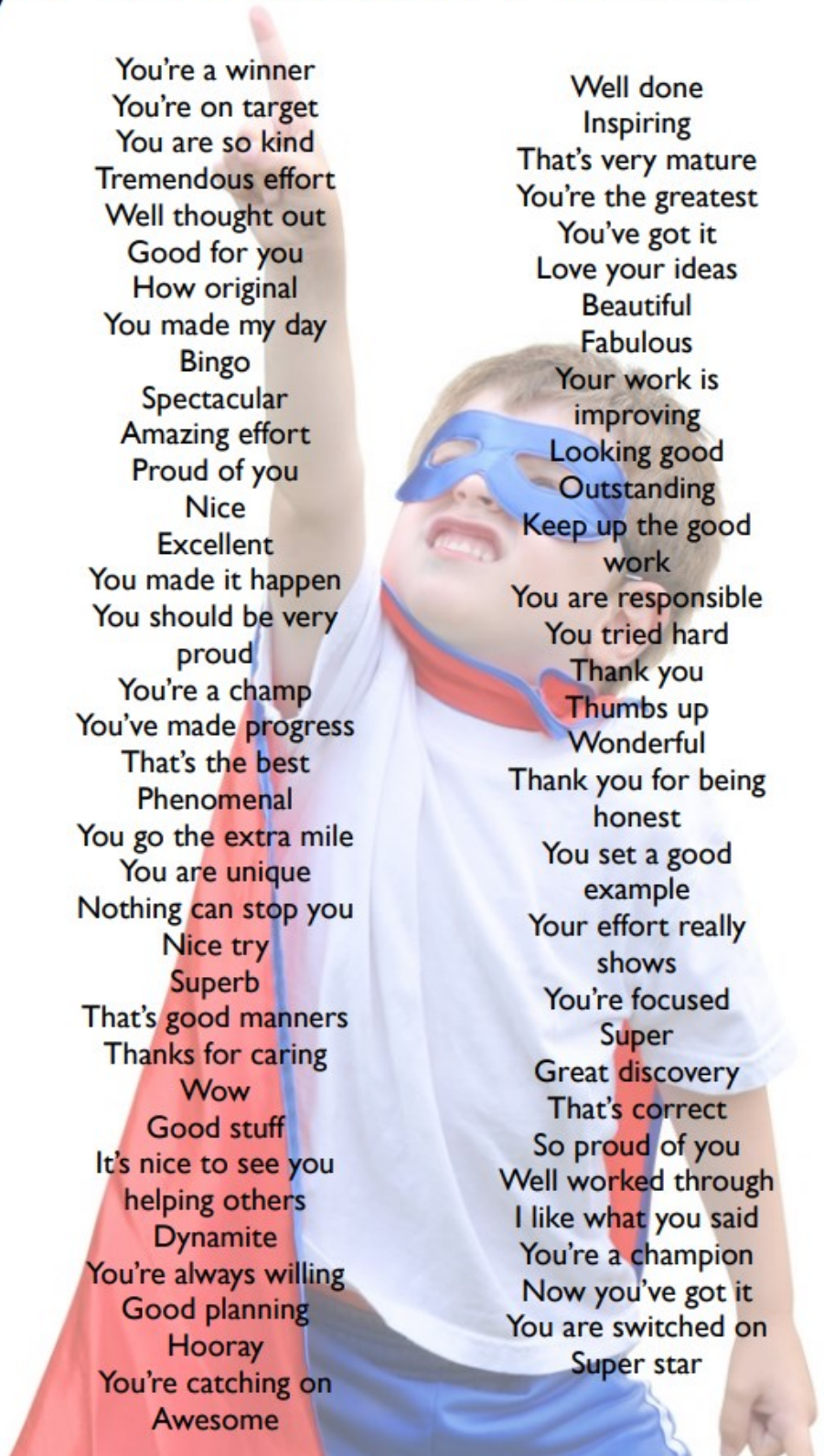


100 Ways To Praise A Child

Way to go
Bravo!
Fantastic
You're catching on
Wonderful sharing
You're on target
You tried really hard
You're a good listener
I knew you'd do it
Problem solver
Good thinking
Thanks for helping
Hooray for you
What an imagination
You learn quickly
Love your ideas
Beautiful sharing
You tried something
new
Great answer
Now you've got it
You figured it out
Magnificent
Marvelous stuff
I'm happy that you
listened to me
Love your
presentation
Thanks for all your
hard work
Looking good
Outstanding
performance
Brilliant
Congratulations
You're a real trooper
Well done
Super

You're a winner
You're on target
You are so kind
Tremendous effort
Well thought out
Good for you
How original
You made my day
Bingo
Spectacular
Amazing effort
Proud of you
Nice
Excellent
You made it happen
You should be very
proud
You're a champ
You've made progress
That's the best
Phenomenal
You go the extra mile
You are unique
Nothing can stop you
Nice try
Superb
That's good manners
Thanks for caring
Wow
Good stuff
It's nice to see you
helping others
Dynamite
You're always willing
Good planning
Hooray
You're catching on
Awesome

Well done
Inspiring
That's very mature
You're the greatest
You've got it
Love your ideas
Beautiful
Fabulous
Your work is
improving
Looking good
Outstanding
Keep up the good
work
You are responsible
You tried hard
Thank you
Thumbs up
Wonderful
Thank you for being
honest
You set a good
example
Your effort really
shows
You're focused
Super
Great discovery
That's correct
So proud of you
Well worked through
I like what you said
You're a champion
Now you've got it
You are switched on
Super star



Educational Support

Individualised Education Plan (IEP) or 504 plan

Creating an Individualised Education Plan (IEP) or a 504 Plan can help formalise strategies to address the child's specific challenges. These plans outline accommodations, such as extended time for assignments, preferential seating, or access to quiet spaces, ensuring the child's needs are met for optimal learning and growth.

Teacher Communication

Maintain open communication with teachers and school staff. Keep them informed about the child's diagnosis and strategies that work at home. Collaborate to ensure consistent support at school and home.

Executive Function Skills Training

Help the child improve executive function skills, which include organisation, planning, and time management. Training in these areas can enhance academic performance.

Tutoring and Homework Support

Consider tutoring or homework support to provide extra assistance with challenging subjects and assignments. A tutor can help break down complex tasks and teach effective study skills.

Multisensory Learning

Encourage multisensory learning techniques, as they can be effective for children with ADHD. These techniques involve engaging multiple senses, such as sight, touch, and hearing, to enhance learning and memory.

Use of Assistive Technology

Utilise assistive technology tools, such as speech-to-text software, apps for organization, and digital resources that can aid in learning and staying organized.

Behavioural Interventions at School

Collaborate with school counsellors or behavioural specialists to implement targeted behavioural interventions, such as social skills training and anger management, to address specific challenges related to ADHD.

How To Help Children with ADHD Focus in School

Strategies that teachers can use to support children with ADHD:

- Teachers play a pivotal role in creating an inclusive and conducive learning environment for children with ADHD. Incorporating a variety of teaching strategies can help engage and empower these students:
- Visual aids, such as charts or diagrams, provide additional context and support comprehension
- Multisensory learning activities, like hands-on projects, cater to different learning styles
- Offering regular movement breaks allows children to release energy and refocus
- Clear communication of expectations and instructions is essential, and positive reinforcement can motivate and boost confidence

Coping and Emotional Support

ADHD can have a significant emotional impact on both children and their parents. Coping with the challenges of ADHD is essential for the well-being of the entire family.

Here's how it affects individuals and strategies for coping:

Emotional Impact of ADHD

For Children:

Low Self-Esteem

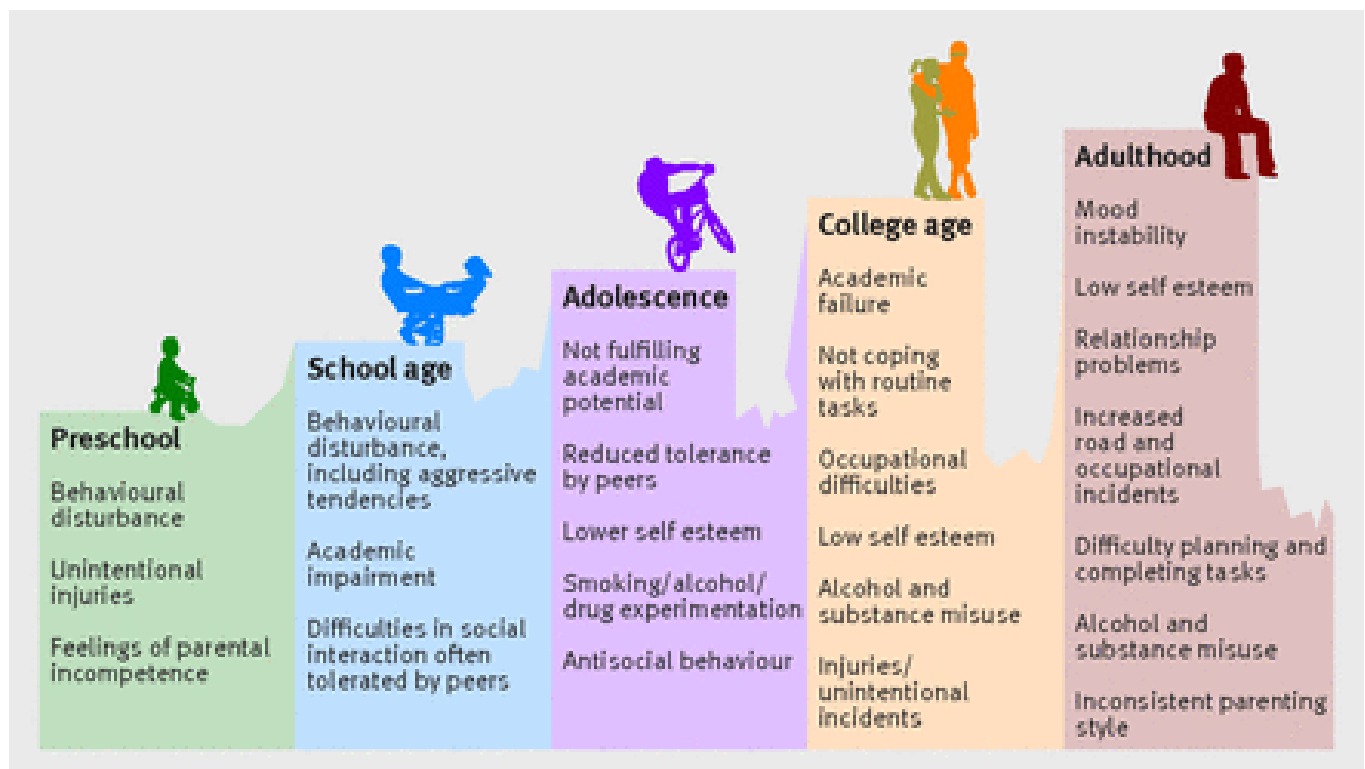
Children with ADHD may struggle with low self-esteem, as they may feel different, have academic difficulties, or experience social challenges.

Frustration and Anger

Children may become frustrated or angry when they struggle with tasks that seem easy for their peers, leading to behavioural issues.

Anxiety and Depression

Over time, untreated or unmanaged ADHD can lead to anxiety and depression, particularly as children become more aware of their difficulties and differences.



For Parents:

Stress and Guilt

Parents often experience high levels of stress and may feel guilty for not being able to "fix" their child's challenges.

Parent-Child Conflict

Managing a child with ADHD can lead to increased conflicts and strained parent-child relationships.

Fatigue

Parenting a child with ADHD can be emotionally and physically draining, leading to exhaustion.



Coping Strategies for Children

Positive Self-Talk

Teach children to challenge negative thoughts and practice positive self-talk. Encourage them to recognize their strengths and accomplishments.

Emotional Regulation

Help children learn emotional regulation techniques, such as deep breathing exercises and mindfulness, to manage frustration and anger.

Social Skills Training

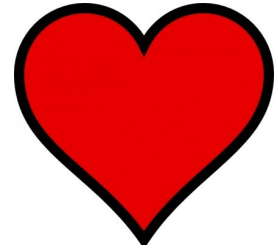
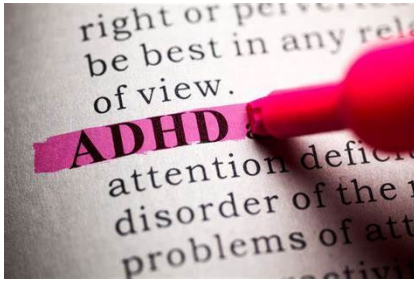
Enrol children in social skills training programs to help them navigate social interactions more successfully.

Set Realistic Goals

Encourage the setting of realistic and achievable goals, breaking them down into smaller, manageable steps.

Celebrate Achievements

Celebrate even small accomplishments to boost the child's confidence and motivation.



HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



Love

Be there for them & show how much they mean to you.



Support

Support them emotionally and encourage them.



Listen

Listen to what they have to say & be attentive.



Exercise

Encourage physical activity and playtime.



Educate

Read up on and educate yourself about mental health.



Coping

Help your child to cope with the symptoms.



Rest

Help your child to cope with the symptoms.



Conversation

Help your child to open up and have conversations.



Environment

Create a positive environment so that they can thrive.

| TheMindsJournal



Help

Don't be scared of seeking help from professionals.



Be proud

Tell your child how proud you're of them.



Patience

Try not to pressurize your child, and be patient with them.

MINDJOURNAL

Plant Love Grow

Children Emotional Wellbeing website with lots of great resources to use at home with your child to explore their behaviour and support their emotional wellbeing.



Coping Strategies for Parents

Seek Support

Connect with other parents of children with ADHD for support and to share experiences.

Educate Yourself

Learn as much as you can about ADHD to better understand your child's challenges and strengths.

Self-Care

Prioritise self-care to recharge physically and emotionally. This can include regular exercise, a healthy diet, adequate sleep, and seeking counselling or therapy when needed.

Professional Help

Consider seeking professional support for both your child and you. behavioural therapy or counselling can be beneficial for managing ADHD-related stress.

Set Realistic Expectations

Accept that your child may have unique challenges and set realistic expectations while appreciating their individual strengths.

Quick tips:

- ⇒ Taking a parent training class
- ⇒ Identifying problem areas
- ⇒ Finding tools that work for you
- ⇒ Learning about behaviour management
- ⇒ Creating structure
- ⇒ Reducing distractions
- ⇒ Most importantly- **Practicing self-care**

By addressing the emotional impact of ADHD and implementing effective coping strategies, both children and parents can build resilience and improve their overall well-being.

Support Networks

Support networks are crucial for both children and parents dealing with ADHD.

Family and Friends

Lean on your close friends and family for emotional support, assistance, and respite care when needed.

Support Groups

Join local or online support groups for parents of children with ADHD. These groups provide a space to share experiences, learn from others, and receive valuable advice.

Therapists and Counsellors

Individual or family therapy can help parents and children work through emotional challenges and develop coping strategies.

School Involvement

Collaborate closely with your child's school, teachers, and counsellors. They can offer educational support and accommodations, making the academic environment more manageable.

Community Resources

Seek out community resources and organizations that provide workshops, classes, and informational sessions related to ADHD.

Mental Health Professionals

Consult with mental health professionals who specialise in ADHD, as they can offer guidance and support for managing the emotional aspects of the condition.

Support groups, charities and resources

ADDISS

www.addiss.co.uk

National Attention Deficit Disorder Information and Support Service is the UK's only national ADHD charity.

YoungMinds

<https://www.youngminds.org.uk/professional/resources/a-quick-guide-to-adhd-in-young-people/>

ADHD and You

<https://www.adhdandyou.co.uk/child-with-adhd/>

ADHD Foundation

<https://www.adhdfoundation.org.uk/resources/>

Creating and nurturing a strong support network can provide invaluable assistance in managing the challenges associated with ADHD.

Nutrition and exercise

Nutrition and exercise play a crucial role in managing ADHD symptoms in children. While they are not standalone treatments, a healthy lifestyle can significantly complement other ADHD management strategies.

Here's some nutrition and exercise advice and guidance for children with ADHD:

Nutrition

Balanced Diet

Encourage a balanced diet that includes a variety of fruits, vegetables, lean proteins, whole grains, and healthy fats. Avoid excessive intake of processed foods, sugary snacks, and high-caffeine products.

Regular Meals

Ensure your child eats regular meals and snacks throughout the day to maintain stable blood sugar levels. Skipping meals can lead to irritability and difficulty focusing.

Protein

Include protein-rich foods in their diet, such as lean meats, poultry, fish, eggs, legumes, and dairy products. Protein can help improve alertness and attention.

Omega-3 Fatty Acids

Foods rich in omega-3 fatty acids, such as fatty fish (salmon, mackerel), flaxseeds, and walnuts, may have a positive impact on brain function and cognitive development.

Hydration

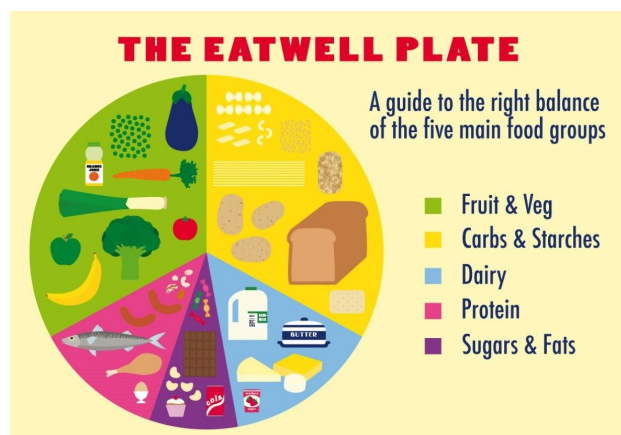
Ensure your child stays hydrated by drinking plenty of water throughout the day. Dehydration can affect mood and concentration.

Limit Sugary and Highly Processed Foods

Excess sugar and processed foods can lead to energy spikes and crashes. Minimize sugary drinks, candies, and highly processed snacks.

Food Sensitivities

Some children with ADHD may have sensitivities to certain foods or food additives. Be mindful of any specific triggers and consider consulting with a healthcare professional or a registered dietitian.



Exercise

Regular Physical Activity

Encourage your child to engage in regular physical activity. Exercise can help reduce hyperactivity and improve focus. Aim for at least 60 minutes of physical activity each day.

Structured Activities

Organised sports, martial arts, dance, or yoga can provide structured physical outlets and opportunities for social interaction.

Aerobic Exercise

Aerobic activities like running, swimming, biking, and dancing can be particularly beneficial for releasing excess energy and improving attention.

Outdoor Play

Encourage outdoor play in natural settings when possible. Nature and green spaces can have a calming effect on children with ADHD.

Consistency

Establish a consistent exercise routine to help your child manage their energy levels and enhance their overall well-being.

Limit Screen Time

Minimise excessive screen time, particularly with video games and non-educational TV shows. Screen time should be balanced with physical activities.

Exercise as a Family

Engage in physical activities together as a family. This not only promotes a healthy lifestyle but also strengthens family bonds.

Quick tips:

- ⇒ Stay positive and healthy yourself. Maintain a positive attitude, keep things in perspective, and believe in your child.
- ⇒ Establish structure and stick to it. Create a routine, use clocks and timers, and simplify your child's schedule.
- ⇒ Encourage movement and sleep. Help your child get enough physical activity and rest.
- ⇒ Set clear expectations and rules. Be consistent, use positive reinforcement, and avoid negative feedback.
- ⇒ Help your child eat right. Provide a balanced diet, limit junk food, and avoid caffeine and sugar.
- ⇒ Teach your child how to cope with frustration and boredom. Help them develop problem-solving skills, find outlets for their energy, and challenge them with complex tasks.



Sunday



sleep



Saturday



sleep



Friday



sleep



Thursday



sleep



Wednesday



sleep



Tuesday



sleep



Monday



sleep