



Basic Tips for Helping Children/Teens with ADHD

Basic Tips

- Use a calm tone of voice.
- Always say the child's name before speaking to the child.
- Ask the child to come toward you, or walk up to the child.
- Ask the child to look you in the eye.
- Ask the child to listen carefully to you.
- Tell the child in advance that they will have to repeat the instruction.
- Give affirmative and positive instructions.
- Ask the child to repeat the instruction.
- Give the child a little time so that they can “process” the instruction and repeat it to you.
- Give immediate feedback (confirm or correct).
- Repeat this if necessary.
- Supervise the child to make sure that they are properly following the instruction.



Applying the Basic Tips: Examples

| Basic Tips | Associated Instructions |
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| <ul style="list-style-type: none"> ● Get the child's attention. | <ul style="list-style-type: none"> ● Always start by saying the child's name. |
| <ul style="list-style-type: none"> ● Ask the child to come toward you, or walk up to the child. | <ul style="list-style-type: none"> ● Jacob, come here, please. |
| <ul style="list-style-type: none"> ● Ask the child to look you in the eye. (Eyes) | <ul style="list-style-type: none"> ● Jacob, I want to talk to you. Look me in the eye. |
| <ul style="list-style-type: none"> ● Communication intention (Purpose) | <ul style="list-style-type: none"> ● Look at me. I want to ask you to do something. |
| <ul style="list-style-type: none"> ● Identify what the child must do. (Ears) | <ul style="list-style-type: none"> ● Listen carefully. Pay attention to what I'm going to tell you because I'm going to ask you to repeat what you will have to do. |
| <ul style="list-style-type: none"> ● Formulate affirmative and positive instructions. | <ul style="list-style-type: none"> ● Jacob, I'm asking you to play quietly (rather than: Stop that racket!). |
| <ul style="list-style-type: none"> ● Ask the child to repeat the instruction before they go off or start to do what is being asked. | <ul style="list-style-type: none"> ● Jacob, repeat to me what I've just asked you to do. |
| <ul style="list-style-type: none"> ● Give immediate feedback. | <ul style="list-style-type: none"> ● Yes, perfect ... So, what do you have to do? |
| <ul style="list-style-type: none"> ● If necessary, re-explain the request if the child is unable to repeat what you have just told him or her. | <ul style="list-style-type: none"> ● Jacob, look at me and listen carefully. I'm asking you to play quietly. What do you have to do? |
| <ul style="list-style-type: none"> ● Supervise and provide feedback. | <ul style="list-style-type: none"> ● Go and see if Jacob is doing what he has been asked to do. "Good job, Jacob. That's great!" |
| <ul style="list-style-type: none"> ● Correct immediately if the child is not doing what has been asked. | <ul style="list-style-type: none"> ● Jacob. What did I ask you to do? Look at me and listen to me. I'm asking you to play quietly. What do you have to do? |

