



Emotional Management for Children/Teens

For children/teens

People who have ADHD are sometimes more prone to experiencing strong positive emotions (e.g., joy, happiness, enthusiasm) and strong negative emotions (e.g., anger, frustration, fear of rejection).

During an episode:

- ② Learn to recognize when you are about to explode or lose control.
- ② Learn to feel your emotions (anger, sorrow, bewilderment, feeling of rejection) and your physical sensations (rapidly beating heart, shortness of breath, moist hands, sweating, clenched jaw, clenched fists, butterflies in your stomach, tense neck or shoulders, feeling overcharged and out of control, etc.).
- ② When you feel strong emotions rising up in you, take a time out to prevent an explosion of negative emotions (anger, frustration).
- ② Make a quick exit from the situation (go to your room, go for a walk, have a drink of water, go to the bathroom, etc.) so that you can identify what is happening to you and calm down.
- ② Breathe!!!
- ② Deep, slow breathing can definitely help you calm down.
- ② Identify the situation that is causing you to react: put the situation into words.
- ② Identify how you are feeling: notice both your physical and your emotional sensations.
- ② Use an anti-stress ball or crumple up a sheet of paper to get rid of your excess energy.
- ② Repeat calming thoughts to yourself (e.g., I'm breathing in calm, I'm breathing out anger).
- ② Show a sense of humour!
- ② If you can, try to de-dramatize the situation.

Remember: Being in control means controlling your emotions!!!



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cliniquefocus.com / attentiondeficit-info.com

Developed by Clinique FOCUS under the coordination of Katia Sirois, DPsy, in collaboration with Johanne Perreault, DPsy.
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After the episode:

- ② Keep a diary of your mood swings to help you more easily identify what triggers your emotions.
- ② Try to identify what causes you stress and find out what you can do to manage or reduce it.
- ② Consult with a coach who can help you practise relaxation and anger-management techniques.
- ② Talk with a parent or an adult you trust after a situation in which you didn't manage your emotions very well. Understanding what happened will help you better control your emotions the next time.

For parents

Remember that parenting and helping a child with ADHD requires patience:

- ② Take a break before reacting to your child's misbehaviour.
- ② Use that time to remind yourself to be patient.
- ② Quickly give your child feedback on their behaviour and apply more immediate consequences.
- ② Use positive reinforcement before punishment.
- ② Be steady and consistent.
- ② Stop whining and give your child clear rules and limits.
- ② Plan out problematic situations.
- ② Always keep in mind your child's developmental problems and inabilities.
- ② Don't take your child's problems personally.
- ② Be forgiving!

Quality time: Have fun with your child: plan special moments together that all of you will enjoy.



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