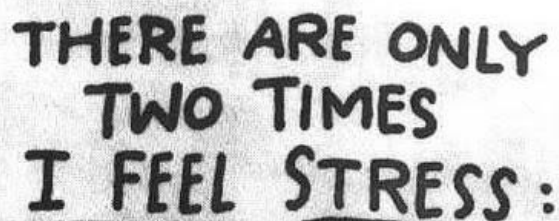


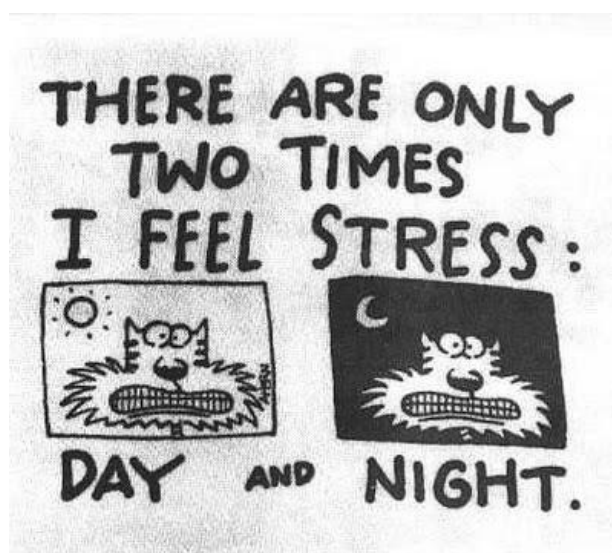
Ten Tips to help parents and carers positively manage children with ADHD.

**Plus an extra 11th tip
(possibly the most important one)**

Pete Brown, Family Therapist, Greenwich CAMHS
December 2014



**THERE ARE ONLY
TWO TIMES
I FEEL STRESS:**



Attention Deficit Disorder dramatically alters family life. Families with one or more ADD children experience fundamental differences in their daily living that other families do not have to endure. There is more tension and more arguing. Sibling rivalry is awful and unending. Noise is constant. Dinnertime may not be fun, and eating out is nearly impossible.

From: All About
Attention Deficit
Disorder by Thomas
Phelan

POTTED HISTORY OF TERMS:

- (1) Hyperkinetic Disorder
- (2) ADD or ADD-H (1980) without hyperactivity and with hyperactivity.
- (3) AD/HD (1987). This rather awkward term recognised that both inattentiveness and restlessness were often seen together.
- (4) ADHD (2000). Some people think this can miss one of the subtypes 'without hyperactivity'.

10 tips for parents of children with ADHD

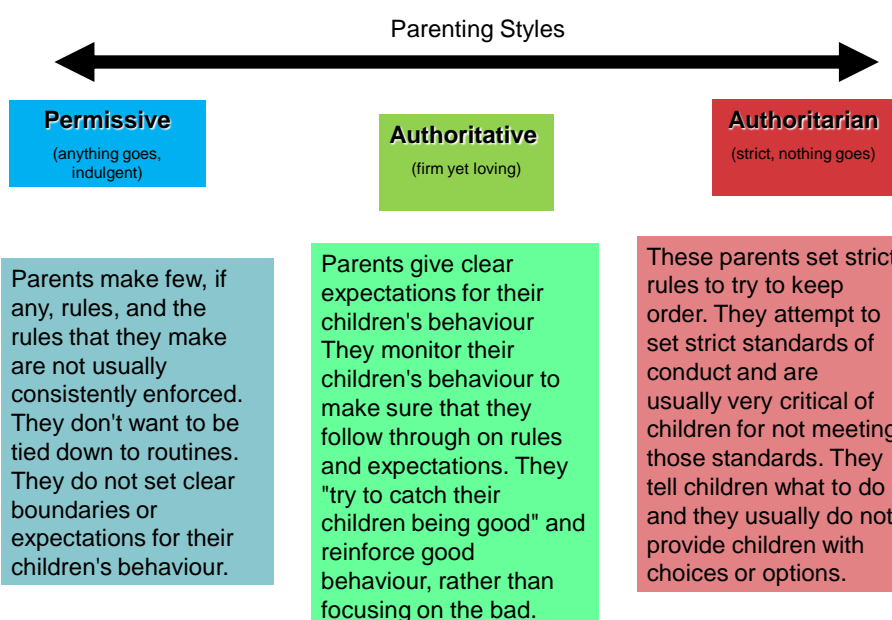
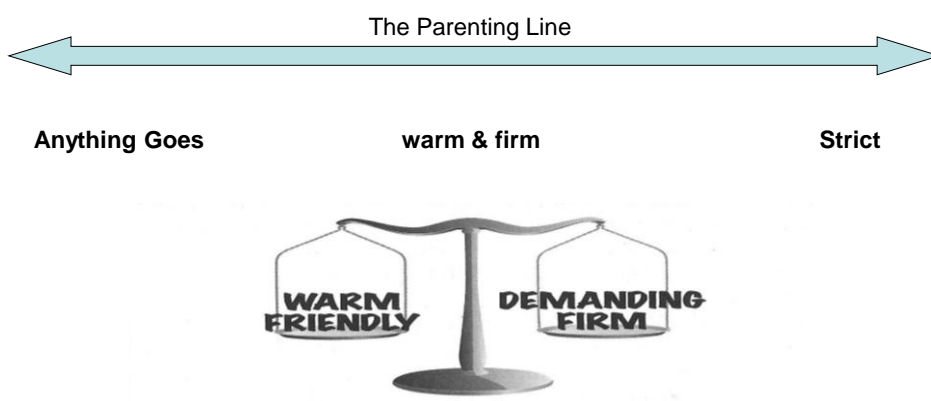
1. Know your parenting style and adapt to your Child's temperament.
2. Stay as calm as possible
3. Ignore minor-but-irritating behaviours, develop a 'positive mental attitude' and be pro-active in seeking support
4. Work on button pushers and flashpoints
5. Use positive parenting strategies: 'Catch you child being good'
6. Correct your child without squashing their spirit
7. 'You are not a bad parent'. Educate yourself about ADHD
8. Communicate with the school about ADHD
9. Try to manage stress and be a good role model
10. Beware of the 'technology trap'

pete.brown@oxleas.nhs.uk (Dec 2014)

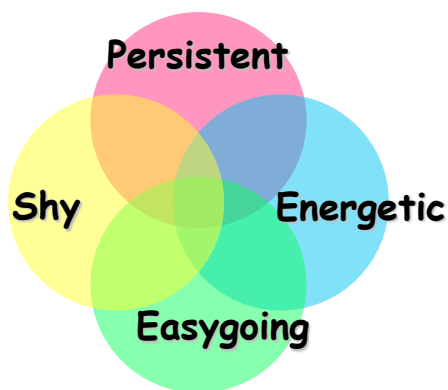
Tip 1
know your
parenting style
and adapt to your
child's temperament

Parenting styles

the parenting line and the importance of boundaries



Temperaments



Adapted from *How to Behave so your children will too* by Sal Severe



- Usually listens the first or second time
- Generally co-operative
- Often supportive to siblings
- Not excessively ambitious or competitive
- Needs can be overlooked
- Popular with most adults



Shy

- Can be clingy
- Often quiet and happy to play alone
- Needs reassurance, time and gentle encouragement
- Parents need to encourage outgoing behaviour positively
- Parents often worry too much about shy children



Energetic

- filled with energy
- Easily frustrated
- Runs around the house - constantly on the go
- 'like a bull in a china shop'
- Parent often feels exhausted
- Being very active is not misbehaviour.





- Bright, verbal and stubborn.
- Likes to argue their point.
- They always know better than you.
- Strong-willed.
- Does not usually like surprises or changes
- Needs time warnings to help manage behaviour
- Demands attention positively or negatively
- Can be irritating to adults

Tip 2

Stay as calm as possible.
***‘Meet fire with water
not fire with fire’***

Child's tantrum



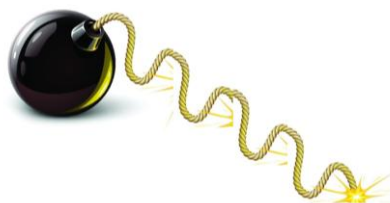
Parent's tantrum



Exploding at a child with ADHD worsens behaviour.



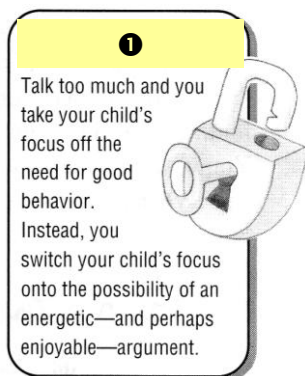
Parents of a child with ADHD have to develop a longer more tolerant fuse!



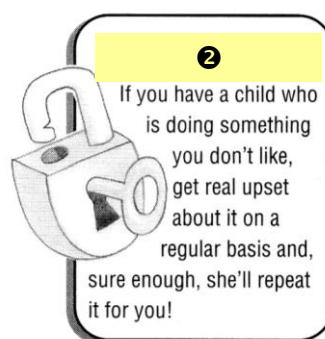
The two *most common* parenting mistakes

from '123 Magic' by Thomas Phelan

Too much talking!



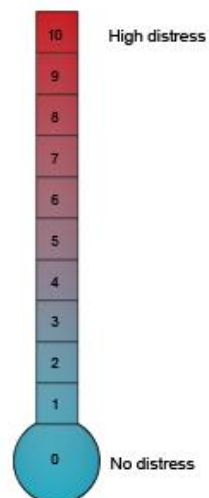
Too much emotion!



Stressed parents tend to:

1. Overreact to minor-but-irritating behaviours (MBI's)
2. Praise less and punish more
3. Look out for bad behaviour
4. Make the child's behaviour worse (by 'nitpicking')
5. Try to change too many behaviours at once
6. Interpret ordinary behaviour through a negative lens

Kazdin, 2002



Tip ③

**Ignore MBI's, develop a PMA
and search for support**

- ① Ignore MBI's *Minor-But-Irritating* behaviours**
- ② develop a PMA (*Positive Mental Attitude*)**
- ③ *Search for support* (often other parents / carers of children with ADHD).**



Welcome to ADDISS

Summer 2014: NVR & ADHD

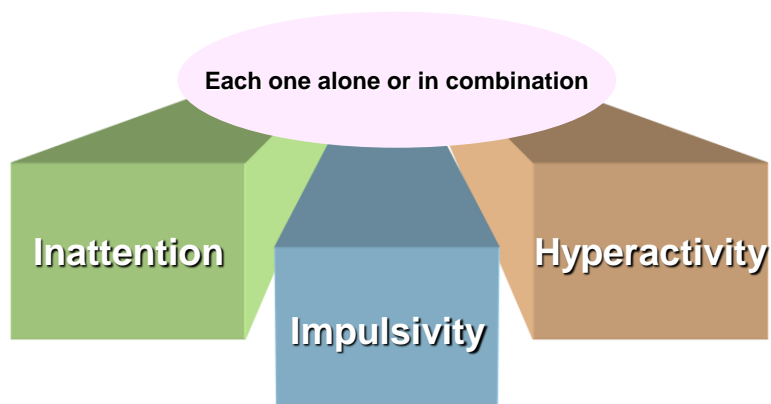


**Welcome to
the Living with
ADHD website**

janssen

Check local resources:
Mencap ADHD Support Group

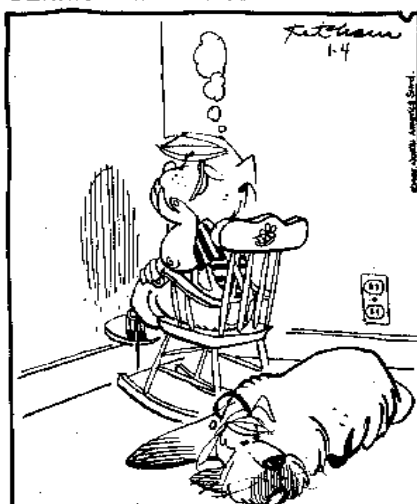
Symptoms of ADHD



- Excessive in relation to developmental age
- Causing significant problems in daily life
- In more than one setting (i.e. home and school)
- Present for more than 6 months
- Present before the age of 7

Slide Source: Janssen-Cilag, 2003 (adapted by Pete Brown)

DENNIS THE MENACE



"BY THE TIME I THINK ABOUT WHAT I'M GONNA DO... I ALREADY DID IT!"

Symptoms of ADHD continued

Child

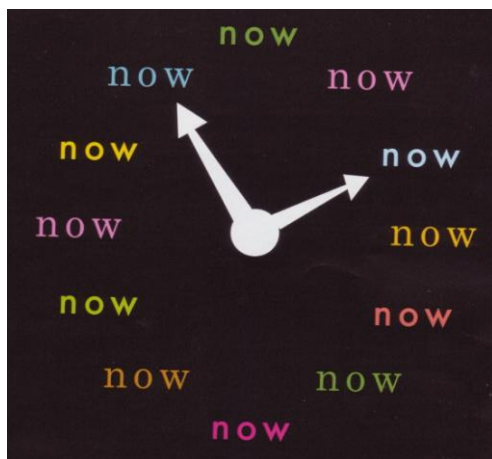
- Disorganisation, *par-excellence*
- Not just forgetful, but incredibly forgetful.
- It's not just difficulty doing homework, but losing it before its handed in.
- You agree that the child should not interrupt, then they interrupt.
- If the child is dreamlike, the parent often tries to 'snap them out of it'.
- Concept of time absent ...

Parent

- Higher levels of authoritarian parenting are seen in families with children with ADHD;
- higher levels of stress,
- lower levels of parenting satisfaction and
- low levels of support.

(Lange et al, 2005). Journal Of family therapy.

Children with ADHD: concept of time

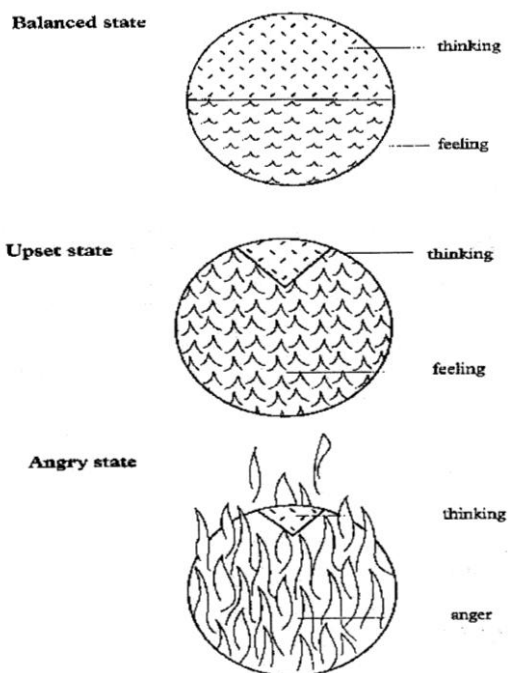


Tip 4

- (a) Know what pushes your buttons
(and develop a plan)
- (b) Plan ahead for flashpoints

Managing Emotional flooding

When the parent gets upset and the adrenaline is flowing the rational brain shuts down. It is impossible to think clearly when we are angry.



What Are Your Button Pushers?

Make a list of the misbehaviours that push your buttons. What misbehaviours get you angry and upset? Next, outline a plan to deal with each button pusher.

Button Pusher:

Your two children argue.

Plan:

Stay calm – do not get angry or yell.

If I get angry, go and sit in my room.

Cool off before I say anything.

Let it out slowly.

Do not save my anger until it erupts.

'I feel angry when you argue like that.'

Spotlight the positive – focus on co-operation.

Look for times when they agree.

Button Pusher:

Plan:

Button Pusher:

Plan:

Tip 5

'catch your child being good'

Use positive parenting strategies including specific praise for good behaviour



The secret weapon to getting better behaviour ...

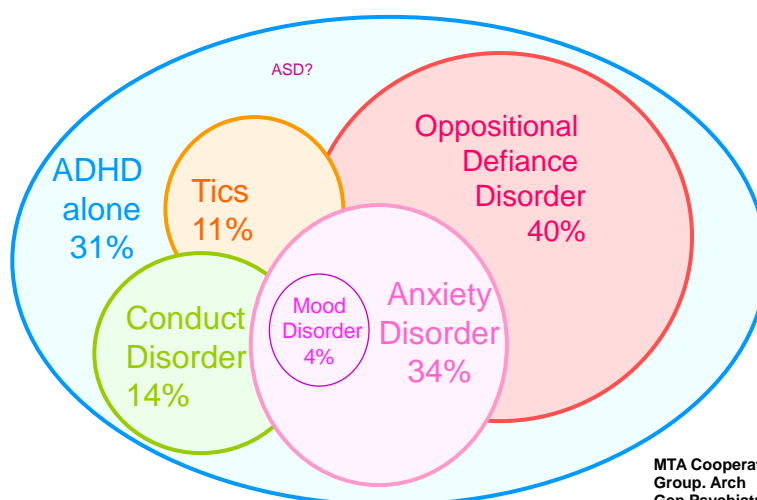
Not PUNISHMENT, but PRAISE!

‘Praise is one of the most effective ways of helping children change, and one of the most neglected. Given clearly and often, praise is your secret weapon against the worst aspects of ADD behaviour’. (p.75)

‘For many ADD children life offers a monotonous diet of reprimands, criticism and punishment from teachers, classmates and those they love and depend on. (p.76)

From PARENTING THE ADD CHILD. David Pentecost

ADHD and Associated Disorders (n=579)



Slide Source: Janssen-Cilag, 2003

Treatment of ADHD

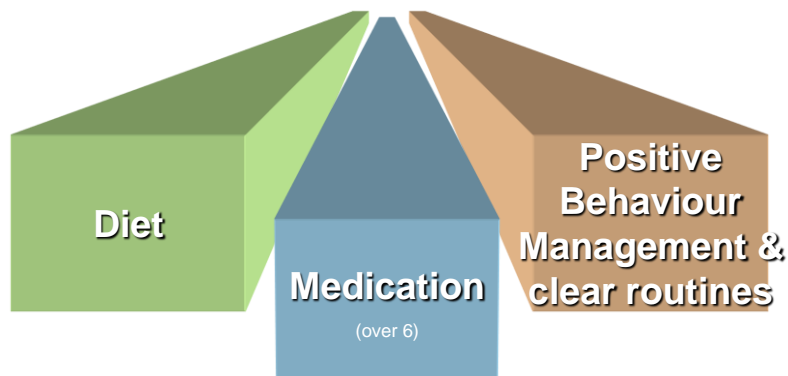


Table 3.1 What drugs do and don't do on their own		
Likely to change substantially: Abilities and traits	Likely to change to some extent	Unlikely to change much: Learned behaviour
<ul style="list-style-type: none"> • Poor concentration • Unstructured behaviour • Ability to pay attention • Ability to listen • Ability to play constructively • Ability to focus on tasks • Ability to listen to what you are saying • Ability to follow through tasks • Forgetfulness 	<ul style="list-style-type: none"> • Impulsiveness • Hyperactivity • Frustration outbursts 	<ul style="list-style-type: none"> • Attention-seeking • Defiance • Severe aggression and spitefulness • Destructiveness • Verbal abuse • 'Chip on the shoulder' • Anti-social behaviour • Temper tantrums

Source: Pentecost (2000) *Parenting the ADD Child*

Tip ⑥

Correct your child without squashing their spirit

“Children with ADHD are not problem children, but children with a genuine problem”.

Dr Geoffrey Kewley, Consultant Paediatrician

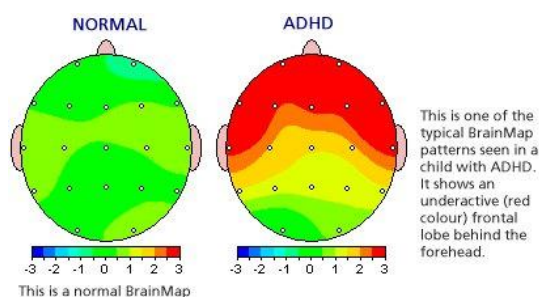
Remember the aims of correction or punishment is to teach better decision making.

- ① Small punishments tend to work better than big punishments (especially for the strong willed child)
- ② You don't always need to punish. Sometimes a warning is enough. Pick your battles wisely and screen out MBI's. Use 'counting' (123 Magic) or a kitchen timer.
- ③ You don't want family life to become a battleground. Therefore beware of constant criticising. Remember praise is your secret weapon.
- ④ When you give negative feedback, focus on the behaviour, not the child's inherent qualities.

Tip 7

**‘You are not a bad parent’
Educate yourself about ADHD**

ADHD and the brain;
Managing our ‘three-brains-in-one’



Neuroimaging and ADHD

Tip 8

Communicate with the school about ADHD

Practical point

Tips for teachers

Don't take it personally. There is a medical reason for much of the child's behaviour.

A reason is not an excuse. ADHD is the reason for unacceptable behaviour, but not an excuse for it. With your help, children with ADHD can learn to control their behaviour better.

Keep in contact with the parents so that you know each other's problems and share the same approach.

Sit the child close to you. Ideally put them between two calm and well-behaved pupils, and away from doors, windows and other potential distractions.

Provide legitimate opportunities to be physically active. Let them be the one to go and fetch something or wipe the board.

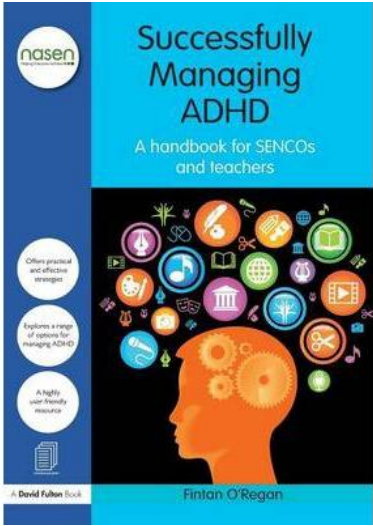
Try to find them a way to allow them to fidget, without driving you and everyone else crazy. Squeeze balls are at least quiet.

Children with ADHD have difficulty with planning activities and doing them in the right order. It's helpful to give an overview of what you want them to achieve: "You're going to write a review of a book" Then break it into smaller steps: "First I'd like you to choose a book..." etc. A written checklist can be useful. Some children find it useful to say out loud what they are going to do next. Children with ADHD need practice in planning and sequencing activities.

Beware of changes to routine and changes of activity. Children with ADHD may find these particularly unsettling. Explain in advance what's going to happen if it's different to what they expect.

Improve their self-esteem by praising them in public for good behaviour and reprimanding them quietly, one-to-one.

Teasing and bullying by other pupils may be a problem, inside and outside the classroom. Setting children with ADHD up with an older "buddy" who can help to keep them out of trouble may be helpful in some cases.



Tip 9

Try to manage stress and be a good role model



Tip 10

**Beware of the
'technology trap'**

ADDITUDE
Strategies and Support for ADHD & LD

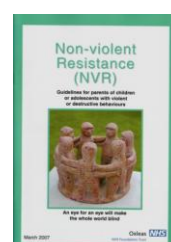
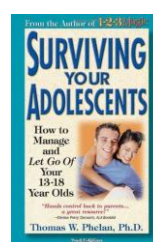
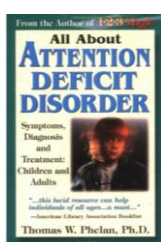
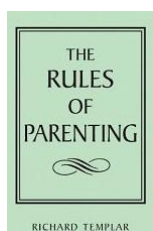
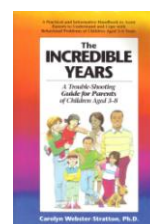
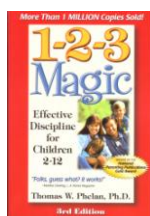
Parents of children with ADHD notice that the kids can focus on intense computer games, but become far more moody and oppositional if they spend long periods on these games.

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Tip 11

Remember the lovely,
endearing child, not just the
ADHD



Some useful positive parenting books

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