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TAC
TEACHING AD(H)D
CHILDREN

ADHD IN CHILDREN

HOW TO SUPPORT A CHILD WITH ADHD-LIKE BEHAVIOURS

SET CLEAR EXPECTATIONS

It is important that parents/ educators/ carers know what their child is capable of doing and the way they choose to do it.



ESTABLISH CONSISTENT ROUTINES

For children with ADHD, having a consistent daily routine can be crucial to deal with sensory overload, mental preparation and expectations.

GIVE GENUINE PRAISE AND ENCOURAGEMENT

For a child that works on a reward-based technique, it is important to praise them and encourage them whenever they do something set to be correct.



BE THEIR ADVOCATE

To believe in a child's true actions and meaning behind those can generate trust and understanding.

ENSURE THEY FEEL SECURED, LOVED AND PROTECTED

For a child who may feel left out within its peers, it is important to let them know that, even if they feel different, they are loved and protected within a secure environment.



<https://teaching-adhd-children.eu/>