

● Family Harmony - Brothers and Sisters

- Try to do something you all enjoy together on a regular basis. Let the children help you decide what this is e.g. Family film night, dog walk, football in the park etc.
- Point out each child's strengths to the other so that they can see the positives in their sibling.
- Try to spend a little 'special time' with each child on their own e.g. 5 minutes chat at bath time or 2 minutes cuddle and talk before bed.
- Teach children to respect each other's space and belongings. Buy plastic boxes for each of them to keep their special things in.



● Are we there yet?

If your child asks the same questions repeatedly it might be helpful to:

- Remind yourself that they are doing this because they are anxious NOT because they do not listen to you or want to annoy you.
- Agree visual reminders that you will both find useful e.g. written reassurance, pointing to a clock, giving them a timetable to hold.
- Try to be calm and reassuring. If you show your frustration it will probably make them more anxious which will lead to even more questions.

(Adapted from Pathfinder: A way forward)



CAMHS, Educational Psychology and Emotional Well-Being Service

ADHD – Parent Advice

A photograph showing a teacher in a classroom writing in a notebook, with a group of diverse children watching and raising their hands.

Barnet, Enfield and Haringey 
Mental Health NHS Trust

 Enfield Health
Supporting Physical and Mental Health in Enfield

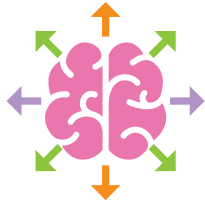
CAMHS

www.enfield.gov.uk

ENFIELD
Council 

● ADHD Challenges

Young people with attention deficit hyperactivity disorder (ADHD or ADD) have a hard time being organised, keeping calm and coping with change, not because they aren't willing, but because their brains won't let them. Your child might feel:



- Muddled and cross when they try to plan a social event, sort out what they need for a swimming trip or have a school project to complete.
- Sad that their friendships break down, or they have fights with siblings, but not sure what they have done wrong.
- Worried that they cannot control their mood or behaviour, and that this leads to arguments at home.
- Afraid teachers will get annoyed with them and that they cannot do class/ homework.
- Misunderstood - not sure why they are being told off for things they cannot help doing.

● What parents can do to help

- Make your child part of the solution by asking their advice, "Let's figure out ways together why this is hard for you and what we can do to help."
- Try to focus on what they are doing right to help them feel good about themselves.
- Use a point or token system to reward every little success and build up to a treat.

● Supporting good behaviour

- Try to ignore minor issues, especially if your child does not mean to do it.
- Keep instructions simple. Use pictures or lists to break down complicated tasks.
- Don't offer too many choices – a choice of two sensible options may work best.
- Make sure your child has regular physical activities to let off steam.
- Limit 'special activities' to the same set time each day.
- Warn you child of changes in routine in advance, with plenty of repetition.
- Don't give empty threats. Follow through with discipline and rules. It is not the severity but the certainty that is important.

● Looking after yourself

- Your child may say or do things that are annoying or upsetting. Remember that getting into an argument will probably be even more distressing for you and them.
- Try to keep calm, even if it means stepping away from a situation. So long as your child is safe it is okay to take five minutes for yourself.
- Ask for help from people who you trust.
- Think about what helps you feel good (taking a bath, going for a walk, dancing to music, buying yourself something) and treat yourself occasionally.

● Getting Through Daily routines

- Teach your child by first doing the task together. This could be any job you want them to learn e.g. getting dressed, putting their clothes in the washing basket, putting cups and plates back in the kitchen.
- Make sure you choose a relaxed time do this together so that neither of you gets stressed. You could put music on to make it more fun!
- Once you have taught them establish clear rules. You could even write these down, with pictures to aid understanding, and stick them close to where the task needs to be done. For example:

Morning Rules: Get dressed. Make bed. Come down to breakfast. 😊

Bedtime Rules: Clothes in washing basket.

Bathroom Reminders: Towel on the towel rail, clothes in the basket. 😊

After school routine: sports kit in laundry. Any letters on kitchen table. Bag in your bedroom. 😊

