

Summary of Important Points for Parents of ADD Children

1. Be focused. Set clear goals for yourself as a parent and for your child.
2. Relationship is key. With a good parent/child relationship, almost any form of discipline will work. The opposite is true with a poor parent/child relationship.
3. Spend some “special time” with your child each day, even if it is only 10-15 minutes. This enhances their self-esteem and makes them feel important.
4. Be a good listener. Find out what the child thinks before you tell them what you think.
5. Be clear with what you expect. It is effective for families to have posted rules, spelling out “the laws” and values of the family.
6. When a child lives up to the rules and expectations, be sure to notice him or her. If you never reinforce good behavior, you are likely to get much of it.
7. Notice the behaviors you like in your child, 10 times more than the behaviors you don't like. This teaches them to notice what they like about themselves, rather than to grow up with a critical self-image.
8. Mean what you say. Don't allow guilt to allow you back down from what you know is right.
9. Don't tell a child 10 times to do something. Expect a child to comply the first time! Be ready to back up your words.
10. Never discipline a child when you are out of control. Take a time out before you lose your cool.
11. Use discipline to teach a child rather than to punish even for bad behavior.
12. See misbehavior as a problem you are going to solve rather than see it as an attempt to make you mad.
13. It is important to have swift, clear consequences for broken rules, enforced in a “matter of fact” and unemotional way. Nagging and yelling are

extremely destructive, ineffective, and tend to be addictive for the ADD child.

14. Give a child choices between alternatives rather than dictating that they will do, eat or wear. If you make all of the decisions for your child, he or she may be unable to make their own decisions later on.
15. Parents need to be together and support each other. When children are allowed to split parental authority, they have far more power than is good for them.
16. Keep promises to children.
17. Children learn about relationships from watching how their parents relate to one another.
18. Children live up to labels we give them. Be careful with the nicknames and phrases you use to describe your children.
19. Parents need time for themselves. Parents who are drained do not have much left that is good for their children.
20. Teach children from your own real life experience.
21. In parenting, always remember the words "firm and kind." One parent used the phrase, "tough as nails and kind as a lamb." Try to balance them at the same time.
22. Do not yell at, hit or berate an ADD child. The more emotionally intense you get, the more they will make you get emotionally intent.