



DR. RAJ MINIYAR'S
"Every Child Is Special" Program
Helping Children With ADHD

COMPREHENSIVE APPROACH: BEHAVIORAL/ ACADEMIC PROBLEMS.

Home:

- Eat good breakfast daily.
- Develop daily routine: set up regular time for meals, homework, going to bed.
- Go to bed early. Get at least 8 hours sleep every day.
- Create and maintain warm, loving supportive home environment.
- Praise child for achievements. Do it often.
- Create rules which are brief, simple and clear.
- Homework should be done in dining room or kitchen table. No TV or stereo.
- Create a task list before the beginning of important task (eg. Home work) or multiple chores.
- Motivate child by rewarding good behavior.
- Rotate rewards frequently in order to maintain high interest level.
- For punishment, use loss of privileges (spanking, yelling does not work)
- Encourage child to participate in a sport, club or church group.
- Give your child chores. This will give him sense of responsibility and self esteem.
- Create a period of "clam -time" when child can do calm activities like listen to music, color the pictures.
- Child needs to know that his parents love him even if he does not perform well in school.

Your love is unconditional.

- Spend a few minutes of quality time with your child each day.

Classroom:

- ❖ Preferential seating near teacher
- ❖ Agreed upon, acceptable, non-verbal reminder to pay attention (example hand on shoulder)
- ❖ Break work up into small chunks
- ❖ Increase one-on-one teacher-student contact through use of aide or paraprofessional
- ❖ Teacher to confirm that child understand directions at beginning of class work