

### Supporting children with ADHD who are at home during school closure.

Children with Attention Deficit Hyperactivity Disorder (ADHD) experience hyperactivity, impulsivity, and poor attention. Staying at home all day with a child with ADHD is likely to be especially stressful. If the following may be useful:

- **Acknowledge how difficult being cooped up inside must feel for your child** – and it's ok to let them know you are finding it hard, too.
- **Allow as much physical activity as possible, within the space you may have.** If you are inside, encourage your child to learn a new dance routine or work out- perhaps they can then perform this for you and other family members. If you have any outside space use this for skipping, football, swingball etc.
- **Use praise and small rewards whenever you can.** This could be a penny in a jar for each time your child tries to comply with a request, helps out or shows an act of kindness.
- **Give your child small, manageable jobs to keep them busy.**
- **Use timers and do school work in short bursts of 10-15 minutes or so,** with short breaks in between activities. Your child may be better at doing some activities standing up or moving around.
- **Use time out** when things get stressful – if your child won't leave the room take yourself to a different part of your home until you feel ok.
- **Have some chill-out time/down time** – especially before bed time. Consider playing soothing music or using a free app such Stop, Breathe & Think.
- **Try to keep to bed time routines** – children with ADHD can often be 'tired but wired' so making sure they get enough sleep is important.

**Be kind to yourself and remember to look after your own mental health.** Reach out to friends, family or an organisation, such as **Family Lives** if you feel you are struggling. Family Lives have a free parents' helpline 0808 800 2222.

The following organisations may also help: **ASSISS** - National Attention Deficit Disorder Information and Support Service.

[www.addiss.co.uk](http://www.addiss.co.uk) 020 8952 2800