

ADHD - Home Interventions

When working with children with ADHD, it is best to be clear about specific behaviors and goals they are required to meet. Establishing a reward for completion of a specific task, goal or behavior is a good way to provide positive reinforcement.

When it comes to schoolwork, some tips to help are:

- i) Write homework assignments in assignment book.
- ii) Bring assignment book and required textbooks home.
- iii) Organize sequence of performance of various assignments.
- iv) Work in segments of time appropriate to personal span of attention.
- v) Complete assignments.
- vi) Return to class with homework and textbooks.

Some reward ideas can include a video rental, games, special trips or activities, tokens, popsicle sticks, stickers, that are not readily available to the child. After the desired behavior is performed consistently, gradually replace the activities, games, toys, or treats with verbal praise, applause, a pat on the back, or a hug.

When a program of positive reinforcement fails:

- a. Make sure the behavior required can be performed and has been stated clearly.
- b. Select rewards that are of increased desirability for the child.
- c. Make sure behavior is rewarded immediately and consistently.

When it comes to encouraging independence in reading some tips are:

- a) Have child help select books that are of interest.
- c) Read aloud from mutually enjoyed material that is written above present reading level.
- d) Provide interesting, age-appropriate books printed in large print
- e) Listening to books recorded on tape and written for students of the same age may be appreciated.
- f) Plan a specific time segment of every day to listen to interesting and enjoyable books of interest.

When it comes to learning spelling and committing things to memory, some tips are:

- a) Practice spelling words by writing them in chalk on the sidewalk or in the sand or dirt with a stick. Encourage the writing of each word as large as possible.
- b) The next day, give instructions to write each spelling word on a piece of paper as large as possible.
- c) Then, dictate spelling words and require the writing of each word in a different color.
- d) The following day, dictate spelling words as the teacher would do in the classroom setting.
- e) Review words from previous weeks' spelling lists.
- f) Alternate having the writing of the spelling words on paper with having the spelling of the words out loud.
- g) Try spelling the word out loud and see if the patient can give the word you are spelling.

When it comes to helping your child be more social and make lasting friendships, try these tips:

- a) Joining non-competitive extra-curricular activities such as scouts or activities/sports offered through local organizations such as the YMCA or through local museums.
- b) Inviting friends to go on family outings to the park, movies, shopping, out to eat, etc.
- c) Inviting friends over to house on evenings and weekends where parents can monitor and model appropriate social skills and problem solving and to intervene if problems arise.
- d) Going to day or overnight camp in the summer.