

# TIPS FOR KIDS AND/OR TEENS

## CREATE A TEAM.

- It is important to build a group of people who can give you a little extra help when needed. These people can include your parents, counselor, teacher, coach, therapist, and doctor.

## WORK ON CONTROLLING YOUR EMOTIONS.

- Kids and teens with ADHD often struggle to control their feelings. Using these five steps may be helpful in managing your emotions:
  - 1) Ask yourself, “what makes you upset”
  - 2) Try to prepare yourself if you are going to be around something that upsets you
  - 3) Try to catch your emotions earlier (notice what happens to your body and your behavior as you become more upset)
  - 4) Take some time away from the situation
  - 5) Help yourself gain control back (for example, take a walk, imagine you are in a comfortable, relaxing place, use deep breathing)



## HELP YOURSELF STAY FOCUSED.

- It can be hard to stay focused for kids and teens with ADHD. Try the following when you find it challenging to stay focused, especially in school: fidget (move around, use a fidget object), doodle, drink sips of water, sit at the front of the class, and if you do not understand something, ask for help right away.

## IMPROVE YOUR ABILITY TO KEEP TRACK OF THINGS.

- It will be helpful to talk with an adult about your struggles with organizing and come up with a system. Some ideas other kids and teens have had are having one place for specific items such as books, folders, and backpack, color coding school folders, and selecting a specific day and time to clean out your backpack. Organizing yourself will hopefully make it easier to get through the day and make you more independent!

## GET HELP!

- A therapist, such as a psychologist, social worker or counselor can help you understand and manage your troubles with focusing, paying attention, keeping track of things, and in school. Effective treatments for ADHD include Behavioral Therapy and Parent Training.
- Sometimes medication can help. You can talk with your doctor or a psychiatrist to learn more about medication and if it is a good choice for you.

## RESOURCES & RECOMMENDED RESOURCES

*Learning to Slow Down and Pay Attention* by Nadeau and Ellen Dixon

National Institute of Mental Health (NIMH): <https://www.nimh.nih.gov/health/statistics/attention-deficit-hyperactivity-disorder-adhd.shtml>

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*Defiant Children* by Russell Barkley

*Parenting Hyperactive Preschoolers* by Elizabeth Harvey, Sharonne Herbert, & Rebecca Stowe

*Putting on the Breaks: Understand and Taking Control of Your ADD or ADHD* by Patricia Quinn and Judith Stern