

Parenting Tips for ADHD - Routines Are Necessary For Children with ADHD

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Maintaining routines and a structured environment for children with ADHD can help contribute to successful behavior improvement. Here are some guidelines you can start implementing:

- When the child gets up in the morning have a predictable schedule each and every morning even on weekends.
- In the evening have the child do the same routine. If s/he's in school have him/her do homework, allow limited quiet play time, have a bedtime routine such as reading a book, having a high protein snack, taking a warm bath, brushing teeth and a bedtime which is the same time each night.
- The child should have a minimum of eight to ten hours sleep each night depending on their age. Inadequate sleep and becoming overly tired makes the child especially much more prone to behavioral problems.
- Do not weigh the child down with too many activities, just enough to keep him/her busy with planned activity.
- A quiet space of their own helps the child with ADHD to calm down and maintain focus. If they must share a room with a sibling, keep them on the same morning and evening routine.
- Make sure the child has small frequent meals. Many teachers are aware of the importance and will allow a snack during recess. Skipping meals can lead to erratic mood swings because of blood sugar levels.

This is the easiest way to apply parenting tips ADHD and see almost immediate results in behavioral issues. A structured lifestyle provides predictable routines so the child knows what to expect and is not thrown off which often causes confusion and behavior issues in the ADHD child.