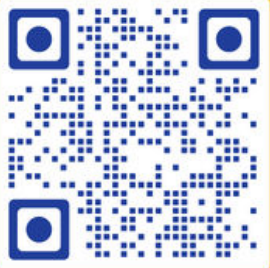




# Managing Symptoms of ADHD

## MANAGING SYMPTOMS OF ADHD IN EARLY CHILDHOOD:

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Attention-Deficit/Hyperactivity Disorder (ADHD) can present in various ways in early childhood. Common symptoms include: difficulty sustaining attention, impulsive behavior, and hyperactivity. Children with ADHD may struggle with following instructions, organizing tasks, and may exhibit restlessness or an inability to sit still. These behaviors can impact their performance in school and social interactions. Here are a few tips on how to help your child in managing symptoms of ADHD.

### Establish a Consistent Routine

- Creating a structured environment with a consistent daily routine is vital for helping children regulate and go about their day-to-day lives. Regular schedules and routines for activities they do daily, such as meals, going to school/daycare, and their bedtime routines can provide stability and reduce distractions.

### Implement Clear and Simple Instructions

- Children with ADHD often benefit from clear and straightforward instructions. Break tasks into smaller, manageable steps and provide one instruction at a time. Using visual aids or checklists can reinforce understanding and help keep the child focused on the task at hand.

### Use Positive Reinforcement

- Positive reinforcement can be a powerful tool in managing behavior challenges. Recognize and reward desired behaviors with praise, stickers, or small rewards. This approach encourages children to repeat positive behaviors and helps build self-esteem.

### Visual Schedules

- Implementing a visual schedule and incorporating it into your child's day can be a huge help for them! Some potential benefits include helping children gain independence with tasks they complete every day, guiding them in the sequence of everyday activities, and learning the steps to take to get them done.



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