

8 Great Habits For Children With ADHD

Dr. Edward Hallowell, refers to ADHD as “Attention Surplus Disorder,” a much more positive way of looking at it. He talks about a person who has ADHD as having, “a race car brain with bicycle brakes,” meaning that their brain is capable of greatness but that the brakes are a bit slow and you have work on strengthening the brakes. Here are some great ways of “strengthening the brakes:”

1 Exercise LOTS of Physical Exercise

I kept all of my children in sports as long as possible because all of that exercise tired out their bodies and at the same time helped to relax their brains.

2 Human Contact

Dr. Hallowell calls it Vitamin Connect. In this day of social media, texting, and cell phones we don't get a lot of human contact. Hugging your ADHD child will do wonders. Having family dinners can help with manners and focus. Think of ways that you can get some “Vitamin Connect” every day.

3 Having A Creative Outlet

Children with ADHD usually are very creative and they need some sort of an outlet. Creativity is not just being artistic. It might mean a Lego builder, a gardener, a dancer or whatever helps them to create.

4 Plenty of Sleep

Everyone should be getting the right amount of sleep. It is when your body refuels and heals itself. Although I know that you are busy try and set up a bedtime structure for everyone in the house – including mom and dad!

5 Eating Healthy Food While Also Avoiding “Junk” and Processed Food

Again, healthy food is necessary for optimum brain and body development. Look for unprocessed foods, try and limit the sugar and eats lots of fruits and vegetables.

6 Working With A Coach

There are coaches who specialize in working with children with ADHD to help them learn to organize and focus better and to “strengthen their breaks.” Check with friends for recommendations.

7 Meditation

Meditation is helpful to slow down those racecar brains and in fact, it is helpful for everyone's brains. Maybe you can set reserve 5-10 minutes everyday that is set-aside for meditation time. Possibly make it part of the nighttime structure that you set up.

8 Possibly Medication

Medication is always a possibility. It can help some people but it does not work for everyone. Check with your doctor about medication if that is one of the things you want to do.