

Recommendations for ADHD Hyperactive or ADHD Impulsive problems

if you want a behavior to continue, reward it.

charts should be used to remind child of chores.

schedule should be simplified.

Verbal message should be in the first 2 sentences, otherwise impulsivity will get in the way.

limit screen time (can be used as a reward).

have child engage in sports.

child should engage in physical activity daily.

Pick your battles.

Don't sweat the small stuff.

provide clear expectations and rules.

be consistent.

rules are inflexible.

use charts.

reward appropriate behavior.

rewards include access to a grab-bag, tokens, tickets.

Use applicable items from the inattention section.

limit choices (consider only several options at a time).

if you do not like a behavior but it's not dangerous or excessively disruptive, ignore it.

If the behavior is dangerous or aggressive, punish it, punish it (time out., response cost).

behaviors should change in small increments.