

## After School

Have a think about what could be happening for this child after school

- He may be coming down from his medication. During this period of time the child's behaviour is usually worse than ever. If this is a problem, talk to your doctor about whether your child can have an extra ¼ of a tablet at this time.
- Your child has been in an environment where he has undoubtedly tried to complete work and be 'good'. Whether he has succeeded or not, that effort takes a huge toll on him.
- Your child has been in an environment where he has had to relate to his peers and adults. Quite possibly, he has been in arguments and trouble throughout the day.
- If your child has a learning disability, then he has been in an environment where he has felt 'dumb' all day and possibly been teased
- Your child knows he has homework and has to face his 'dumbness' again
- He realises that he has to repeat the process tomorrow

After school, your child can be exhausted, fed up with the world, angry, frustrated, confused about what happened today, feel stupid and hopeless. No, he is not in a good mood! So, be aware of that and work with it.

### Strategies:

1. Feed and water the child immediately. Food and drink can often have a calming effect on all children especially those with ADHD. It also serves to take the mind off other matters. If necessary, take a snack with you in the car when you pick up your child from school. (A little along the lines of *"Hello darling, nice to see you. Here pop this in your mouth and keep it there at least until we get home"*.)
2. Recognise the child's need for some peace and quiet. Allow him his own time in which he can watch TV, play computer games, play outside etc. Whatever he chooses and you realise will help calm him.
3. During this time, keep the other children away from him. Offer them another kind of activity. Be mindful not to be pressured by guilt trips from the other kids. Harmony is good for them too.
4. This may not be the best time to communicate with your child with ADHD. If he comes home angry about an incident then try following the example previously given under 'Frustration' in this book.

Children with ADHD often have interests and passions different to their peer group.

This is not necessarily a bad thing.

SECTION 4 |

THERE ARE TIMES  
WHEN I NEED HELP