

In this chapter we start learning methods of managing the behaviour of the child with ADHD. The following pages will discuss strategies that can be helpful for some of the specific symptoms of ADHD. Most of these measures can be used or adapted for teens with ADHD. However, the extent to which some strategies will work depends on the pre-existing cycles that are already at play in your family, your relationship with your teen and the age of your teen.

If there is any doubt, build *your* listening and communication skills, check *your* expectations and make a start on being positive. Believe me, your child WILL notice.

Hyperactivity

If your child is hyperactive, it means he **cannot** stop moving in some form. Your child may sit at a table but his legs, feet, fingers, hands or head will be moving. So we need to accommodate this in some way.

The following suggestions may be helpful, but most importantly, never expect him to be still.

Training and Supportive Measures:

1. Create an environment that can withstand constant activity
2. Place items of value away from body contact areas
3. Make your backyard a high impact area. Provide what you can in the way of activities. For example a swimming pool, a trampoline, a basketball hoop, a garden bed and tools for planting, a 'commando' course with old tyres.
4. If wanting to play a family game, do not choose Monopoly etc (what a disaster that will be!) Perhaps badminton or Playstation competitions. (He will like the Playstation. Usually these kids are very good at that and he'll feel good about beating everyone)
5. Provide routine, especially for bedtime
6. Make the most of what he can do without causing disruption
7. Recognise that he will take time to calm and slow down. Plan for this
8. Occupy the teen but include some 'down' time

With a teenager hyperactivity can be a positive or a negative. The teen who uses their energy for sport or pursues some other real interest (or many of them) can find their life quite fulfilling (possibly except for school). A focus on their activities can help with the ongoing frustration of the education system. The teen that has not developed enough 'entertainment' outlets is likely to suffer from a great deal of boredom (a signature of teenager life anyway) which could lead to intense frustration that can spiral into anger, aggression or depression.