

## Tip Sheet | **Hyperactivity**

Positivity

Relationship

Expectation

Priority

Training

**The child cannot stop moving in some form**

### *Strategies:*

**There is less stress when the environment suits the needs.**

- **Backyard**
  - choose sturdy and active items
- **Routine**
  - knowing what comes next helps focus his energies
- **Talents**
  - use his talent for energy with an active task
- **Games**
  - board games are not necessarily fun for the family
- **Calming**
  - after any free play he will need time to calm
- **Expectations**
  - he cannot become non hyperactive

***Positive activity wards off boredom and helps socially***

Children can be: → busy, → overactive, → hyperactive