

Triple P - Positive Parenting Program®

Because Children Don't Come With Instructions.



Being a parent of a child with ADHD is a challenging job, but it can also be very rewarding. The aim of good parenting is to help your child to reach their potential. Most adults begin their parenting careers unprepared for what lies ahead, and learn parenting skills through trial and error. Parents of children with ADHD often experience frustration and disappointment as the parenting skills they have learnt are not effective with their child. Many parents have high expectations of themselves - how they should feel and cope with being a parent. Unrealistic expectations can lead to feelings of disappointment or inadequacy.



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ADHD is a behavioural disorder of self-control. It is usually recognized by three major symptoms:

- ❖ Not paying attention or problems with attention span.
- ❖ Doing things without thinking or difficulties with impulse control.
- ❖ Overactivity or increased activity level.

These symptoms must be more frequent and severe than is typically observed in children of the same age. The symptoms must also occur in a number of different settings, such as at home, school, and in the community. Some children with ADHD are not overactive at all. Here are 5 important steps to positive parenting that parents of children with ADHD should remember:

▼ Ensure a Safe, Engaging Environment

Children with ADHD are often unpredictable in their behaviour. Providing a safe, engaging environment for them to play and explore will help to reduce accidents, parenting stress and undue concern for their safety.

▼ Create a Positive Learning Environment

Children with ADHD often have negative experiences at school. It is particularly challenging for them

due to their difficulty sustaining attention and impulsive behaviours. It is important for parents to encourage their child and provide positive attention to help motivate them to learn. By breaking down tasks into smaller more manageable parts, your child is more likely to experience success.

▼ Use Assertive Discipline

Assertive discipline involves being consistent, acting quickly when children misbehave and teaching children to behave in an acceptable way. As children with ADHD act impulsively, they do not think about the consequences of their behaviour. They will learn to control themselves best when the consequence is consistent and immediate.

▼ Have Realistic Expectations

Parents' expectations of their child depend on what they consider of different ages. All children are individuals and develop at different stages. Children need to be developmentally ready before they can learn new skills.

▼ Take Care of Yourself as a Parent

Parenting is easier when personal needs for intimacy, companionship, recreation and time alone are being met. Being a good parent does not mean that your child should dominate your life. If your own needs as an adult are being met, it is much easier to be patient, consistent and available to your child.

For more information on the Triple P - Positive Parenting Program® call Timiskaming Child and Family Services at 1-800-568-KIDS or visit www.triplepontario.ca

