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## Family Stress Points: Living with ADHD 24/7



Family Stress Points  
LIVING WITH ADHD 24/7

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...ision. Meanwhile ...  
...own challenges.

...et aims to provide practical info  
...nd tips, it also points you in the d

...r David Coghill, Senior Lecturer in

...r Tanya Byron, Consultant Clinical

**“Children with ADHD and the  
managing their lives in order  
quality loving and positive**

*Dr Tanya Byron*

## Family Stress P

Being the parent of a child with ADHD can be a stressful experience, especially if you are also living with the condition. It can seem to be more t... times – in p... and evenings before bed... times” and the disru... child’s behaviour:

**“Often it’s up to you, as a parent to act as a “buffer” betwe... affected by their behaviour. This can mean explaining and... reasons behind their behaviour as well as protecting your c... actions and enabling them to understand and manage the**

*Dr Tanya Byron*



## Identifying Family Stress Points

**The first step towards managing the most difficult times of the day is identifying “hot spots” and knowing what to expect.**

- **Getting out of bed.** Unlike many children (and parents), children with ADHD are often first out of bed in the morning, rushing around the house unsupervised and waking everyone else.
- **Getting your food.** ADHD may cause your child to fidget and not concentrate on, for example, packing a school bag.
- **Eating.** Children with ADHD find it difficult to sit at the table and will often play with their food or steal their siblings' food rather than eating their own.
- **Winding down.** Winding down after school is important if your child may not understand risk, meaning that he or she may like to play more unsafe games than other children.
- **Attending group activities.** Children with ADHD are often excluded from these, especially if they are run by adults with no experience or understanding of the condition.
- **Teaching your child to use cutlery and manners properly.** Teaching your children to use cutlery and manners properly can be a challenge when your child with ADHD finds it difficult to learn.
- **Asking your child to concentrate on his or her homework.** Asking your child to concentrate on his or her homework can be a real challenge.
- **Bedtime.** Often children with ADHD will not want to go to bed or will stay up much later than their brothers or sisters. It can be very difficult to get them into a bedtime routine.
- **Getting up.** Children with ADHD find it difficult to settle and will often get up in the night, disturbing you and the rest of the family. They may also be prone to sleep-walking.

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...fmo  
...said for time,  
...want your child to  
...you must then be  
...if it's challenged and

...the consequences of good  
...Collect these rewards no matter how  
...Remember, rewards don't have to be

...the key is to know you  
...their behaviour may be become challenging, distract  
...rather than reactive!

...especially useful is to agree what will happen in  
...bedroom, bathroom, bed – then be consistent in enforcing the routine and  
...happen every single time. Also, do not forget to reward adherence  
...that they are doing well.

...Some children have that certain activities are  
...children with ADHD. Your child may benefit from learning a new skill on a  
...rather than in a class. Activities with a singular focus allow children to  
...on fewer things at once and give them the opportunity to succeed which will  
...their self-esteem.

...wta e Gogiv t d om en a he n p e n  
...even and authoritative but warm. When you are communicating with your child, make eye  
...contact on their level, so it commands their attention. Ask your child to repeat or rehearse what  
...you have asked them to do, then coach them through and praise them every step of the way.

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## How I dealt with family stress points

*“Bringing up a child with ADHD is not just a case of having to cope with him being fidgety or not being able to concentrate for half an hour or so. ADHD is a condition that affects the whole day. Before we found a treatment that worked for my son, Joe needed a permanent supervisor in the mornings – I couldn’t trust him to carry out a task like cleaning his teeth without him getting distracted by something else.*”

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