

Super Moms Secrets for Raising a Child With ADD

Cases of Attention Deficit Disorder, or ADD, have been on the rise in recent years. Doctors are finally realizing that a true physical disability can be present in both children and adults in order to cause them to have a reduced attention span and increased hyperactivity. If you're raising a child with ADD, what are some things you can do to help him cope with this condition, to still get a proper education, to learn boundaries, and to keep you from pulling out your own hair? There are some things you can remember when raising a child with ADD that will help with all these issues.

First, it's important to have a proper diagnosis when raising a child with ADD. Just because your child is inattentive or has a tremendous amount of energy doesn't mean he necessarily has ADD. If your child can sit and play video games for half an hour, chances are he doesn't have true ADD. Make sure you get a diagnosis from a doctor rather than just assuming you know what your child has.

Setting boundaries is still important when raising a child with ADD. It's tempting to think that since your child has an illness then he should just be allowed to run amok, but this is a mistake. Everyone needs to learn self-discipline and control regardless of how difficult it might be, and this is true when raising a child with ADD. While those boundaries may be more lax than with other children - you have them sit and do homework for five minutes instead of 30, for instance - you still need boundaries nonetheless. Talk to your child openly and honestly about these expectations. Tell him he needs to sit still for another few minutes before he can go play or do anything else. Set boundaries on their free time as well; this too is vitally important when raising a child with ADD. They may resist some structured activities or having to sit still but they need to understand that despite how difficult it is, they need to sometimes buckle down and show some self-control.

Every parent wants their child to be properly educated and this is true when raising a child with ADD, even though this presents some special considerations. It helps to break up lessons in shorter bursts of time rather than expect your child to sit still through hours of the same lesson. Schooling also needs to be more absorbing for a child with ADD as he will have a hard time allowing himself to be caught up in the lessons. Using visual aids and hands-on materials is always helpful for any child but even more so when raising a child with ADD. Getting out of the classroom and taking field trips helps to keep them involved with the lessons and attentive.

And as for yourself, remember that your child has a situation that is difficult. It's never easy raising a child with ADD but you need to show that much more patience every single day. Resist the urge to blame him for his lack of attention and remind yourself of how difficult it must be for him as well. Give yourself frequent breaks; walk away and do something else for a few minutes if you feel yourself getting irritated or impatient. It might also be beneficial to ask for some help; remember that you can't do everything by yourself. Let your child have some free time to himself where he can learn and explore on his own rather than thinking you need to structure every minute of every day. And don't hesitate to ask your doctor for help when raising a child with ADD. While you might hesitate to use medication, he or she can offer some further suggestions as to dietary changes and changes to your schedule that can help. Since they are always learning new information about children with ADD every single day, you may find that you can get some additional help for raising a child with ADD that you never expected.

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