

Bill of Rights for Children with ADHD.....

HELP ME TO FOCUS ...

Please teach me through my different senses (e.g. sense of touch).

I need “hands-on” and body movement.

I NEED TO KNOW WHAT COMES NEXT ...

Please give me a structured environment where there is a dependable routine. Give me an advance warning if there will be changes.

WAIT FOR ME, I'M STILL THINKING ...

Please allow me to go at my own pace.

If I'm rushed, I get confused and upset.

I'M STUCK, I CAN'T DO IT! ...

Please offer me options for problem solving.

If the road is blocked, I need to know the detours.

IS IT RIGHT? I NEED TO KNOW NOW ...

Please give me rich and immediate feedback on how I'm doing.

I DIDN'T KNOW I WASN'T IN MY SEAT! ...

Please remind me to stop, think, and act.

AM I ALMOST DONE? ...

Please give me short work periods with short-term goals.

WHAT? ...

Please don't say “I already told you that.”

Tell me again, in different words that don't hurt.

Give me a signal. Draw me a symbol.

I KNOW IT'S ALL WRONG, ISN'T IT? ...

Please give me praise for partial success.

Reward me for self-improvement, not just for perfection.

BUT WHY DO I ALWAYS GET YELLED AT? ...

Please catch me doing something right and praise me for the specific positive behavior. Remind me—and yourself—about my good points when I'm having a bad day.

KNOW WHAT IS REALLY HARD FOR ME!

When things get boring my brain goes "offline."

PLEASE REMEMBER THAT

Yelling works to get my attention but it also hurts our relationship!

WHEN I DO HOMEWORK PLEASE REMEMBER....

That i need to take frequent breaks and that music and other creative ways of studying will help me.