

Play and the Child with Attention Deficit Disorder Attention Deficit Hyperactivity Disorder

For children with Attention Deficit Disorder, it's important to keep in mind that it is not whether a toy is appropriate but rather how to play with it, where to play with it, and how long to play with it. Here are several considerations for playing with your child.

- Present toys or activities one at a time to lessen distractions.
- Limit distractions in the room by choosing a place to play that is free of clutter and turn off the television or radio.
- Give full attention to your child.
- Give directions one at a time and say them clearly and simply and look directly at your child. Give your child ample time to react. Ask your child to repeat back the directions to you.
- Select those toys your child likes best. When challenged by toys that are really interesting, children with Attention Deficit Disorder often will find an ability to settle in and play successfully for a longer period of time.
- Eliminate safety hazards by keeping doors closed, climbing equipment out of the way, and sharp or hard objects out of the child's reach.
- Play at a speed that is comfortable for your child.
- During play, show your child appropriate social responses. For example, show what it is like to have good interaction between two players.
- Think about what time of day would be best for your child to play and how long your child's attention span may be. If your child can concentrate better in the morning, plan time to play then. Be willing to stop when your child has had enough. It may only be a few minutes.
- Allow for movement during play. Change positions such as laying on the floor, sitting in bean bag chairs, kneeling, sitting with legs out, etc. Do not expect your child to remain in one position for long.
- Set a schedule with specific times for play time. Post the schedule where your child will see it and use a visual timer to help them see the time. Congratulate your child when he or she completes each step of a task.

National Resources for Parents of Children with ADD or ADHD

ADDA: National Attention Deficit Disorder Association

www.ADD.ORG

AD-IN: Attention Deficit Information Network Inc.

<http://www.addinfonetwork.com/>

CHADD: Children and Adults with Attention Deficit Disorders

www.CHADD.org

National Institute of Child Health and Human Development

<http://www.nichd.nih.gov/>

National Institute of Mental Health

<http://www.nimh.nih.gov/>

ADHD News

<http://www.adhdnews.com/>

ADHD Resources

Guilford Publications, Inc. (800-365-7006) has resources that focus on ADHD.

<http://www.guilford.com>

Some are:

“ADHD: What Do We Know?” by Russell A. Barkley

Color 36-minute video plus Leader’s Guide and Manual

\$95.00 (special rate available for families of children or adults with ADHD)

“ADHD: What Can We Do?” by Russell A. Barkley

Color 37-minute video plus Leader’s Guide and Manual

\$95.00 (special rate available for families of children or adults with ADHD)

“ADHD in Adults” by Russell A. Barkley

Color 36-minute video plus Leader’s Guide and Manual

\$95.00 (special rate available for families of children or adults with ADHD)

“The ADHD Report” Russell A. Barkley and Associates

Newsletter for professionals and parents published six times per year

\$49.95 for first-time subscribers