

Bill of Rights for Children with ADHD

Help me focus: Please teach me through my 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 now?: 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. Give me a signal. Draw me a symbol.

I know it is 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 behaviour. Remind me (and yourself) about my good points when I'm having a bad day.