

THE ADHD CHILD'S BILL OF RIGHTS

By Ruth Harris

“Help me to 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 advanced warning if there will be changes.

“Wait for me; I’m still thinking.”

Please allow me to go at my own pace.

If I rush, I get confused and upset.

“I’m stuck! I can’t do it!”

Please offer me options for problem-solving.

I need to know the detours when the road is blocked.

“Is it right? I need to know NOW!”

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

“I didn’t forget, I didn’t ‘hear’ it in the first place!”

Please give me directions one step at a time and ask me to say back what I think you said.

“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’ve already told you that.”

Tell me again in different words.

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 my specific positive behavior.

Remind me (and yourself) about my good points, when I’m having a bad day.

“I may be hard to live with, and have ADHD, but I still have feelings and would have never chosen to behave like I do sometimes.”