



# Understanding **ADHD** in Your Child

For parents, teachers & caregivers — Mumbai

ADHD (Attention Deficit Hyperactivity Disorder) is a **neurodevelopmental condition** — not a result of bad parenting, poor discipline, or lack of effort. Children with ADHD have differently wired brains that need the right support, not punishment. With proper diagnosis and management, children with ADHD thrive.

## SIGNS OF ADHD — WHAT CAREGIVERS OBSERVE

■ Inattention symptoms

■ Hyperactivity / Impulsivity symptoms

### 01 Short attention span

Easily distracted by noise, movement, or thoughts. Cannot sustain focus on tasks — even enjoyable ones — for long.

### 02 Constant restlessness

Cannot sit still, always fidgeting, climbing, or moving — feels an internal compulsion to be in motion.

### 03 Forgetfulness and losing things

Routinely forgets homework, chores, or belongings. Loses stationery, books, keys — not out of carelessness but brain wiring.

### 04 Impulsive decisions and outbursts

Acts before thinking — blurts answers, interrupts conversations, reacts emotionally before considering consequences.

### 05 Difficulty following instructions

Starts tasks but leaves them incomplete; loses the thread mid-way through multi-step instructions.

### 06 Talking excessively

Talks non-stop, interrupts others, cannot wait for their turn in conversations or group activities.

### 07 Poor organisation and time sense

Messy workspace, chronically late, cannot manage time — especially for tasks perceived as boring or difficult.

### 08 Emotional dysregulation

Intense emotional reactions, quick frustration, difficulty calming down — feelings feel bigger and harder to manage.

#### MYTH

"My child can focus on video games, so they don't have ADHD."

#### FACT

ADHD brains can hyper-focus on highly stimulating activities. This is a symptom, not proof the child is fine.

## Common myths — and the facts

#### MYTH

"ADHD medication will change my child's personality."

#### FACT

Properly dosed medication improves focus without suppressing personality.

Many  
parents  
say  
their  
child  
finally  
"shows  
up."



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**Medical Disclaimer:** This pamphlet is for general educational purposes only and does not constitute medical advice or a clinical diagnosis. ADHD must be diagnosed by a qualified psychiatrist or clinical psychologist through a formal assessment. Please consult a professional for personalised guidance.

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# ADHD — Practical Tips for Home & School

Evidence-based strategies for parents and teachers

Managing ADHD is a team effort. The **same strategies that work at home must be reinforced at school** — and vice versa. Below are practical, psychiatrist-recommended steps for both environments. Consistency across both settings produces the best outcomes.

## SCHOOL STRATEGIES — FOR TEACHERS & SCHOOL COUNSELLORS

### Classroom environment

- › Seat the child at the front, away from windows and high-traffic areas
- › Allow brief movement breaks every 20–30 minutes
- › Reduce visual clutter on the child's desk
- › Use a fidget tool or stress ball as a permitted outlet

### Instructions & tasks

- › Give one instruction at a time — never chain multiple steps
- › Write instructions on the board alongside verbal delivery
- › Check for comprehension before the child begins a task
- › Break large assignments into smaller, timed chunks

### Exams & assessments

- › Request extended time allowances where applicable
- › Allow oral responses or alternate formats where possible
- › Seat separately to minimise distractions during tests
- › Focus feedback on effort and process, not just outcomes

### Positive reinforcement

- › Catch the child being good — praise specific behaviours immediately
- › Use a simple reward chart for completed tasks
- › Avoid public criticism or comparisons with other children
- › Communicate privately, not in front of peers

## HOME STRATEGIES — FOR PARENTS & FAMILY

### Routines & structure

- › Fixed wake-up, meals, homework, and bedtime — every day
- › Use visual timetables or charts the child can check themselves
- › Set timers for tasks: "15 minutes of homework, then a break"
- › Prepare for school the night before — bags packed, uniform ready

### Communication at home

- › Get down to the child's eye level before giving instructions
- › Use calm, neutral tone — avoid frustrated or sarcastic language
- › Acknowledge the effort, even when the outcome is imperfect
- › Avoid long lectures — keep it short, specific, and kind

### Screen time & sleep

- › No screens at least 1 hour before bedtime — non-negotiable
- › Use blue-light filters on devices during evening hours
- › Aim for 9–11 hours of sleep for school-age children
- › Calm pre-sleep routine: bath, reading, quiet music

### Caregiver self-care

- › Parenting a child with ADHD is exhausting — seek support
- › Join a parent support group or attend family counselling
- › Avoid blaming yourself or your partner — ADHD is neurobiological
- › Your regulated calm is the most powerful tool your child has

### ✓ DO THIS

- ✓ Celebrate small wins consistently
- ✓ Work with the school as a team

### ✗ AVOID THIS

- ✗ "You're just lazy / careless / naughty"
- ✗ Comparing with siblings or classmates

- ✓ Give the child age-appropriate responsibilities
- ✓ Allow physical activity — it genuinely helps ADHD
- ✓ Keep medication times consistent if prescribed

- ✗ Removing all screen time as the only consequence
- ✗ Expecting the child to "try harder" without support
- ✗ Stopping medication without consulting the psychiatrist

**FREE TOOL**

**Take the ASRS ADHD Screening Quiz** — a validated self-assessment for adults. For child assessment, a formal consultation is recommended.

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