



# Positive Discipline for Children with ADHD

## Understand Your Child's Brain

ADHD is a neurological condition. Don't take challenging behaviors personally, they are rarely meant to test your authority. Harsh or coercive responses may lead to escalation.

When able, respond to difficult behaviors with:

- Calm
- Consistency
- Compassion

Offer praise that works:

- Immediate
- Warm, enthusiastic
- Specific, positive words
- Gesture or touch



### Key Takeaways:

1. ADHD is a neurological condition.
2. Symptoms may include impulsivity, physical overactivity, and/or short attention span.
3. Harsh parenting and chaotic environments can escalate challenging behaviors.
4. Behaviors related to the neurology of ADHD may lead to harsh responses and less praise.
5. Assume the best, respond with calm, and offer praise for behaviors you want to see more of.

