

10 Take-Control Tips for Parents of Kids with ADD*

1. Tell your child what you want him or her to do - avoid saying what you don't want.
2. Be specific about the behaviors you like instead of saying "good boy" or "good girl". Always speak to or judge the behavior, not the person.
3. Model the desired behavior you wish to establish instead of waiting for this behavior to appear.
4. Reward with social praise and touch - avoid the use of physical punishment.
5. Build on small changes in behavior - don't expect major changes.
6. Withdraw attention to some inappropriate behaviors but pay attention to the behavior you are trying to get rid of.
7. Reward appropriate behavior and punish inappropriate behavior - never reverse this.
8. Reward and punish immediately after respective appropriate or inappropriate behavior.
9. Provide a realistic, reasonable and immediate (as is possible) consequence for inappropriate behavior, instead of using threats. Undelivered threats just lead to loss of credibility.
10. Use mild punishment for inappropriate behavior and avoid using physical punishment for aggressive behavior.

***From Power Parenting for Children with ADD/ADHD (Flick, 1996).**
