

## **AN ADD/ADHD CHILD BILL OF RIGHTS**

### ***“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.

### ***“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.

### ***“I know, its ALL, wrong, isn’t it?”***

Please give me praise for partial success. Reward me for self-improvement, not just 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.