

## An ADHD Child/Young Person's 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 dependable routine. Give me 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 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 behaviour. Remind me (and yourself) about good points, when I'm having a bad day.