**Parenting with ADHD**

**Source: Swetha Krishnan, Indian Writer & Columnist**

No matter how many generations we get old, no one has aced the art of parenting. We learn from how we are raised and grow to be the kind of parents that our experiences have taught us. Each parent nurtures their kids in a way that they perceive as good parenting. But does it help kids with underlying mental health conditions?

Parenting becomes much more complicated when it comes to children with mental health issues. Mental health issues are so subtle that it is not seemingly visible. Many parents even struggle with finding out what’s wrong with their kid’s behaviour. The thing is, many parents don’t even try to understand the reason behind their kid’s behaviour.

***ADHD (Attention deficit hyperactivity disorder) in Kids:***

Any parent who had the experience of raising a kid with ADHD **(Attention Deficit Hyperactive Disorder)**, will tell you how difficult it is. ADHD is one of the predominant mental health issues occurring in children. Around 10 million children in India are affected by ADHD, Which is pretty high. Most of the kids do not get the parental care they deserve. Besides, parents usually struggle with bringing up kids with this disorder.

***Roadmap to parenting children with ADHD***

Is your kid not well-behaved? Are you finding it difficult to bring your kid under control?

Parents with ADHD kids don’t even realise what they are up to until they feel helpless handling them. There is always a psychological reason behind a child’s behavioural issue. And, if it is ADHD, Here are some signs that help you find your child has ADHD:

* Your child is not attentive.
* You find it difficult to get your child to listen to you for a long time.
* Your child is easily distracted and cannot finish tasks assigned to the child.
* You are not able to deal with your child’s impulsive behaviour.
* Your child forgets the instructions, and you have to keep telling them to get a job done.
* Your child gets angry and frustrated often.
* Your child has low self-esteem and becomes emotionally unstable.

Well, do these things ring a bell? If yes, you are obviously dealing with a kid affected with ADHD. But that doesn’t mean that your child couldn’t be raised like normal kids of their age. You just have to work it out differently. Your usual parenting tricks will not help you in raising a kid with that disorder.

**Following this could help several parents to tailor their parental approach towards such kids:**

***Stop associating ADHD with your children:*** Separating ADHD from your children will bring you peace of mind. You feel frustrated that your kid is not behaving well. However, it is not your kid doing that. It is ADHD that gets in your kid’s way and influences their behaviour. Every parent must understand this.

***Lower your expectations:*** With ADHD, your child’s brain tends to work differently. So, your kid might not be able to achieve what other kids achieve with so much ease in their age. Lowering expectations and understanding your kid’s abilities will help you feel less frustrated.

***Have command over your kid:*** Unlike other kids, Kids with ADHD won’t be attentive. To seek their attention, you must do more than calling out their name. Do these:

* Get yourself down to their level physically.
* Make physical contact, such as patting their shoulder or touching their arms while talking.
* Ask them to repeat what you said.

***How to make your kid remember things?***

* Doing this could be annoying. But still, keep repeating things to your kid like a broken record.
* Give them smaller tasks.
* Try to give one-step instructions.

***Managing the hyperactive behaviour:***

Children with this disorder exert hyperactivity when they are supposed to stay at one place during an event. For example, during school, or dinner, etc. At such times, give them two chairs to switch between them. Also, give them a fidget spinner to keep their hands and mind occupied.

**Putting up with kids having ADHD is not a walk in the park. Although, understanding your kid’s condition will help you to help them better with their life.**