

Here is a tool to help “foster” a peaceful environment at home with your ADHD child.

F.O.S.T.E.R.

FORECAST Let your child know your expectations of him/her in advance of a potentially challenging situation. Focus on what “TO do” rather than on what “NOT to do”.

Try Saying This “Before we go into the restaurant, remember our agreement. 1. Stay in your seat 2. Indoor voice 3. Eat with your mouth closed. Got it?”

OPTIMISM Make it a goal to spend more time paying attention to positive behavior than to negative.

Try Saying This “I notice you really working hard on your homework today.”

STRUCTURE Create predictability and routines for the ADHD child.

Try Doing This Set up consistent morning and bedtime routines to help create a peaceful environment at home.

TO THE POINT When you want to alter behavior, make your statements short and sweet. Wait silently for compliance and impose an immediate consequence if your directive is not followed.

Try Saying This “Hands and feet to yourself.” **Instead of This** “How many times do I have to tell you not to hit your sister?!?”

EXPECTATION OF INNOCENCE Remind yourself that the ADHD child does not behave badly on purpose.

Try Thinking This “Take a deep breath. She’s not doing this purposely to make me mad. She is frustrated and needs some help.”

RESTRAINT Stay as neutral as you are able. When you are upset, your child’s behavior worsens. Take a break if you need one.

Try Thinking This “Andrew, you are shouting at me. I have a hard time hearing you when you do that. Sit on your bottom and speak more quietly so that I can hear you.”

If you have questions about how In Step can help your family, please call our office in Fairfax at 703-876-8480 or Sterling at 703-433-5771 or email us at info@insteppc.com.