

Helpful Tips from Dr. Saline's forthcoming book: "What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life."



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*Help is Here!* **Are You Overwhelmed by the Challenges of Raising a Child or Teen with ADHD?**

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### Frustrated and fed up? Use the 5 C's of ADHD Parenting!

Daily reminders about organization, homework completion, doing chores and treating others respectfully - it can be easy to lose your temper and your faith that your efforts will pay off. Will your ADHD sons and daughters learn the life lessons you are trying to teach them? How can you maintain your cool, your hope and your positivity in light of the inevitable bumps you will encounter?

### 5 C's of ADHD Parenting

#### self-Control, Compassion, Collaboration, Consistency and Celebration

1. **Self-Control:** learning to manage your own feelings first so you can act effectively and teach your ADHD child to do the same.
2. **Compassion:** Meet your child where they are, not where you expect them to be.
3. **Collaboration:** Work together with your child and co-parent (if one exists) to find solutions to daily challenges instead of imposing your rules on them.
4. **Consistency:** Do what you say you will do—over and over and over again.
5. **Celebration:** Acknowledge what's working and doing more of it, day after day after day.

The trick to using the 5 C's is making them part of your parenting routines. Take time to cool off when you are aggravated with your son; show concern and support for your daughter when her struggles annoy you; talk about any problems and come up with alternatives together; stick with things, even when you feel like giving up; stay positive and notice what is going well, no matter how small.

Start today and you will see a difference before you know it!