

# Ten Ways To Make Behavior Management Plans Effective for Kids with ADD/ADHD

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**Core Symptoms of ADHD:** 1) Poor *sustained* attention/vigilance to boring/routine tasks 2) Impulsive/age inappropriate focus/difficulty with self-regulation 3) Diminished rule governed behavior 4) **Immaturity**/30% Rule 5) **Disorganization** 7) Poor sense of **time** 8) Difficulty with fine motor skills 9) 50 to 70% chance of co-morbid condition(s) such as Dyslexia, Dysgraphia, Dyscalculia, Anxiety, Depression, Tourette's Syndrome, Bi-Polar Disorder, Oppositional Defiant Disorder, Conduct Disorder, Obsessive Compulsive Disorder. ADD and ADHD are *highly genetic*.

- 1) Behavior issues are neurochemically based. Not willful. **Pick your battles carefully!**
- 2) Remove the words “Stop that” “Don't do that” etc. from your management vocabulary.
- 3) Cease and desist arguing with an aspiring attorney! An argument *requires* the participation of two people: Shut down your half!
- 4) A good way to shut down your half of the argument: **The Stroke!**
- 5) There are only three “Intolerable Behaviors” which must be punished: Hurting yourself or others. Destruction of property. Blatant defiance. Boredom is an effective punishment. **Time Out** is different from Chill Out. **NEVER hit a child!**
- 6) Quietly, calmly **name the offending behavior**. “That's arguing.” “That's Junior Parenting.” etc. Then ask for the **replacement** behavior. “Show me listening.” “Show me control.” “Show me hands to self.” When the child demonstrates the behavior you asked for **immediately reward or reinforce it**. This can be done verbally or with a tangible reward. Delay weakens the reward! Plan to practice this a lot!
- 7) Powerful reinforcement means **“The Controlled Delivery Of A Passion.”** Ask yourself: **“Why** should s/he do what I want her/him to do?” Remember: The child's view is, “What's in it for me?” or rather, “What's in it for me **NOW?**” Delay weakens rewards.
- 8) ASK the child what he'd like to have when the task at hand is finished. And be prepared to deliver it.
- 9) My favorite target behaviors: **“On task”** and **“Appropriate Talk Only”**
- 10) “Tellin' ain't Trainin'!” Make the rules **visual**. Helpful ways to do this are by using sticky notes, pictures of rewards, home drawn cartoons, etc.