



## YOUTUBE FREEBIE

# 6 Strategies to Help with ADHD

ADHD affects an individual's executive functioning skills (among other things). This means they often struggle with organization, attention, as well as sensory processing.

The follow 6 strategies can be personalized to fit the needs of someone struggling with ADHD!

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### 1 ADDRESS EXECUTIVE FUNCTIONING

Executive function skills are the mental processes that enable us to plan, focus attention, remember, and juggle multiple tasks. Identify the specific areas of difficulty, and create personalized strategies. Some ideas:

- Visual schedule. This can be on a device like a phone or a written list / pictures of specific tasks. Create visual schedules for daily routines and be as specific as necessary for success.
- Visual timers are helpful to stay on task, to know how long a task takes, and to anticipate when the task will be complete.

### 2 LOOK AT SLEEP AND NUTRITION

Sleep deprivation can exacerbate challenges related to ADHD, as can nutritional deficiencies.

- Set up and stick to a regular bedtime routine that allows for enough quality sleep.
- Set up the bedroom so that it is helpful for sleep - black-out curtains, a noise machine, put clutter away in the closet, use a red-light night light, etc.
- Use a compression sheet or a weighted blanket for sleep - both have been shown to improve overall quality of sleep.
- Talk with a functional health practitioner about checking for nutritional deficiencies.
- Be sure to stay hydrated, eat enough quality foods, and limit processed foods and food dyes.

### 3 SENSORY STRATEGIES

If your child struggles with hyperactivity, including specific sensory strategies into their routine may be helpful.

- First, meet their sensory needs by providing them with the sensory input they are seeking.
- Then incorporate heavy work / proprioception to help calm the nervous system.

Other sensory strategies include:

- A regular yoga routine, especially before bedtime
- Getting enough sunlight and grounding from being outside
- Adequate movement and exercise each day
- Look into essential oils
- HIIT style workouts have been shown to improve ADHD symptoms
- Multi-sensory processing activities that engage multiple senses can have a calming effect

#### **4 PRIMITIVE REFLEX INTEGRATION**

Retained primitive reflexes can have an influence on ADHD symptoms. Finding a professional who is trained in primitive reflex integration (like an occupational therapist) can be a great resource.

#### **5 POSITIVE REWARD SYSTEM**

Oftentimes children with ADHD have low self-esteem. Things are harder for them and they may struggle in school, causing them to feel like the "bad kid in class." Focusing on a positive reward system vs a negative consequence system while simultaneously teaching intrinsic motivation techniques can be helpful.

- Reward the effort vs the outcome
- Facilitate success by utilizing strategies
- Teach goal setting and how to reach goals
- Focus on a growth mindset attitude

Additionally, children copy what they see / hear. If you are focused on a positive way of living, they will too.

#### **6 DECREASE VISUAL CLUTTER**

If organization is a challenge, removing clutter in the home / bedroom can be a huge step to helping with focus, attention, and success.

- Donate toys / objects that don't get used daily or weekly
- Use bins to put things away, especially at night to decrease the visual clutter
- Use pictures of items when they are organized so your child knows what a space should look like - this can help them organize when it's gets messy

# Additional Resources

## 1 ALL THINGS SENSORY PODCAST

[Episode 80 - PTSD, Anxiety, ADHD, Neurofeedback and MORE with Michael Klinkner, LCSW](#)

[Episode 225 - ADHD Tips, Tricks, and Information](#)

## 2 RESEARCH STUDIES

[The relationship between ADHD and sensory sensitivity - Science Direct](#)

[Sensory Over-Responsivity as an Added Dimension in ADHD - Frontiers](#)

[ADHD and sleep disordered breathing - Science Direct](#)

[Sleep as an outcome measure in ADHD - Science Direct](#)

[Non-pharmacologic management of attention-deficit/hyperactivity disorder in children and adolescents - NIH](#)

# Want more help?!

## [CHECK OUT OUR SENSORY DIET DIGITAL COURSE](#)

This full length digital course teaches you all about sensory diets and how to create a personalized sensory diet for your child (and even for you!).

- What is a sensory diet?
- What are the 8 sensory systems?
- How does sensory processing affect daily life tasks (such as self-feeding)?
- How to identify sensory preferences / sensory needs.
- Sensory activity toolbox.
- And more!

Visit: [harkla.co/products/sensory-diet-course](https://harkla.co/products/sensory-diet-course)