



## ALL DOGS HAVE ADHD

By Kathy Hoopmann

### Before Reading the Book:

Determine if you have any children in your class with ADHD and consult with the family if their child knows they have this. Family members may choose to be present when you complete some of the activities listed below.

Discuss the front cover with the class. Who has a pet? List types. Who has a dog? List and discuss different types. What activities do you and your family like to do with your dog? Discuss. Does your dog ever get into trouble? What does it do?

### Class or Family Discussion

When have you found it hard to keep focused? What were you doing? What did your mind tell you to do?

Do you like being with others or are you shy? Are you both, depending on the situation, where are you and who is with you?

When have you had someone believe in you? How did it make you feel? What did you achieve? What is your goal? What would you like to do in life? Who inspires you?

### Suggested Activities to Help a Child with ADHD (using areas mentioned in the book as characteristics of ADHD)

#### **How to help a child with ADHD sleep better**

What helps your child calm? Suggested activities you can do to help your child calm before bed:

- Turn off loud noises.
- Turn off flickering or bright lights.
- Create a calming environment.
- Read a book together, with just a low light lamp on.
- Get ready for bed – use a Time Timer™ to let the child know how long they have before lights out.
- Use a calm, soothing voice.
- Play relaxing music.
- Be predictable. If you say “Child’s name.... bedtime is 7pm (or in ten minutes)” ensure it is!
- Allow child to hold a favourite toy or sensory toy to soothe and calm.

#### **Provide stimulus using their special interest.**

- For example if they like the beach or park, take them there. Use time limits for yourself and for predictability, so the child learns you have other commitments.
- Guide the child to explore the world, but teach them that every action has a consequence.
- Use their special interest as a reward negotiation. For example, “If you complete....., we will go to the beach for half an hour.”

#### **Impulsivity**

- Teach child that NOW may be when you want something, BUT NOW is not always when you will get it! For example, “Child’s name..... when you eat ..... you can have/or play.....for fifteen minutes.”
- DANGER is something that applies to everyone, but people with ADHD may be fearless. Teach them what danger is, show them dangerous situations and discuss what may happen.

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**Disorientation and losing things at home and school**

- Provide a map of the school. Mark where the classroom, toilets, canteen, teachers staff room, principal and playground are. Colour code this and place it on a keyring or on a fold out sheet in a card wallet attached to a belt loop or zipper pocket.
- Provide a keyring in their pocket with cards attached indicating what day it is, what subjects they have today, what they need and what they need to take home.

**Turn taking and playing fairly**

- Teach a child important skills such as turn taking, playing by the rules of a game and friendship skills. (See ideas in *Developing Social Skills* and other social skills games and books available at [www.suelarkey.com](http://www.suelarkey.com)). These resources provide quick, easy and ready to use ideas, to teach a child important skills such as turn taking, playing by the rules of a game and friendship skills.

**Physical activity**

- Distraction is a powerful tool! You have heard the phrase “Exercise clears the head!” When your senses are overloaded you need a distraction – so does a child with ADHD. Go for a walk, jump on the trampoline or play at the park. Always remember “Walk don’t talk”!

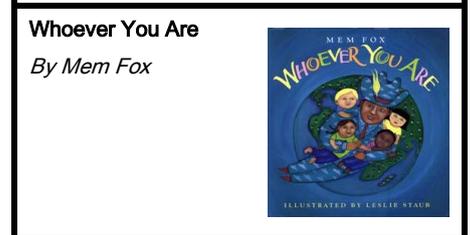
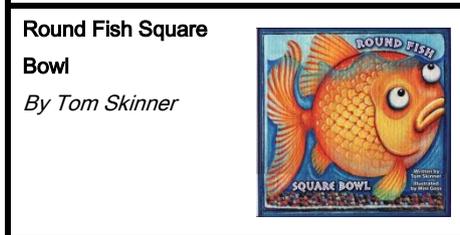
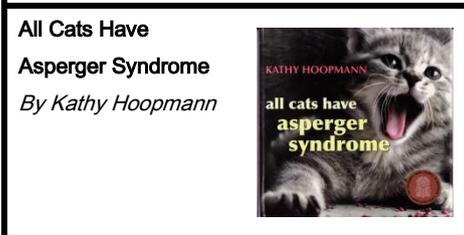
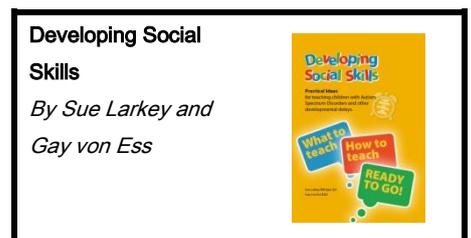
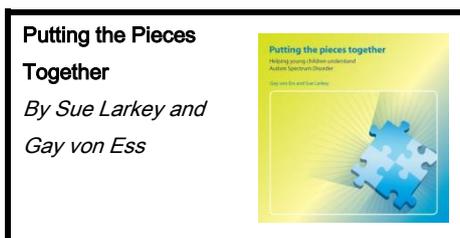
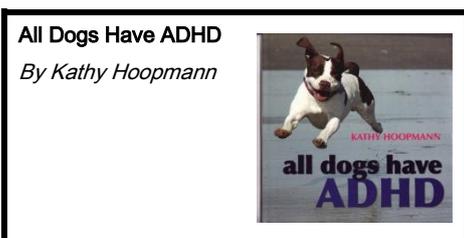
**Repetition**

- Go over what you have taught. Remind a child how to do a task. Show them how to do a task. Involve them in a task!

**Follow Up**

What activities have helped you help a child with ADHD? Be patient with the child, be patient with yourself.

**Recommended Resources (available online at [www.suelarkey.com](http://www.suelarkey.com)):**



For more activity sheets, recommended resources, tip sheets, to sign up for a free newsletter or request a free catalogue visit:

[www.suelarkey.com](http://www.suelarkey.com)