

समेकित क्षेत्रीय कौशल विकास, पुनर्वास एवं दिव्यांगजन सशक्तीकरण केन्द्र- गोरखपुर
Composite Regional Centre For Skill Development, Rehabilitation & Empowerment of Persons with Disabilities (CRC)- Gorakhpur

राष्ट्रीय बहुदिव्यांगता जन सशक्तीकरण संस्थान, चेन्नै के प्रशासनिक नियंत्रणाधीन
(Under the administrative control of NIEPMD, Chennai)

दिव्यांगजन सशक्तीकरण विभाग, सामाजिक न्याय एवं अधिकारिता मन्त्रालय, भारत सरकार

Department of Empowerment of Persons with Disabilities (Divyangjan), M.S.J. & E., Govt. of India

Tips to Parents Having Children with ADHD During COVID-19 Lockdown

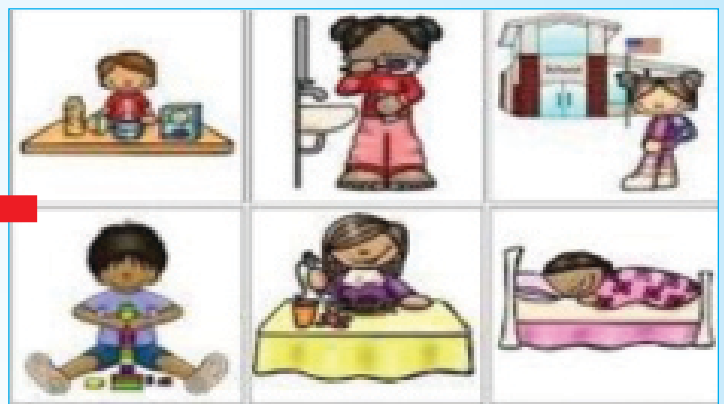


Knowledge About ADHD

Parents must obtain information related to lack of attention and hyperactivity disorder, this will help you to get rehabilitation from this disorder.

Create and Apply Timetable for Activities Related to Daily Routine Skills

Parents should keep the same routine related to the daily routine skills of such children, such as from waking to sleeping. Homework, outdoor play and indoor activities

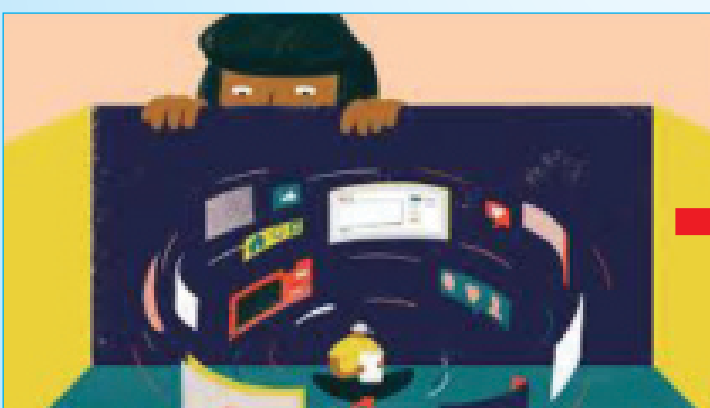


Give Breaks at Regular Intervals

Parents should give such children breaks at regular intervals during activities

Motivate Items to be Placed in Proper Place

Parents should be motivated to children put such things in proper place

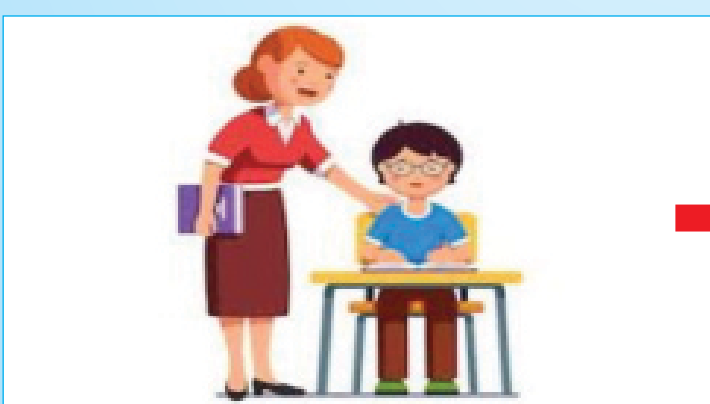
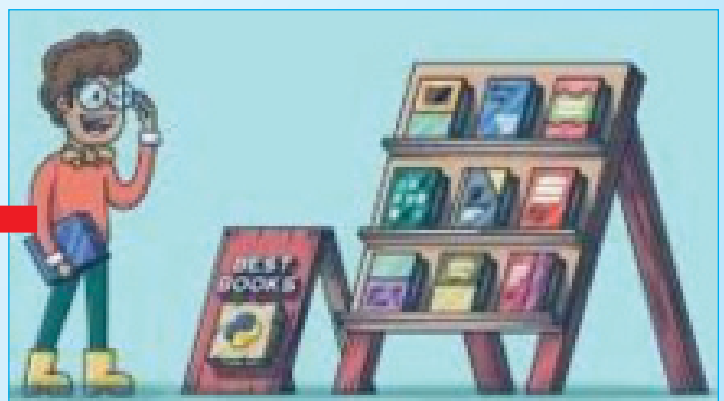


Keep the Child Away from Disturbing Objects

Parents should keep such children away from things that cause distraction such as TV, mobile, computer etc.

Follow the Functional Teaching Learning Set by the Special Teacher

Parents should also keep pictures with such children to provide knowledge through flash cards in functional learning prescribed by special teachers.



Encouragement / Support

Such children should be encouraged by the parents by providing support to help themselves so that the child does not face any difficulty in doing his work.

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