



**Nurture Pods**

EARLY INTERVENTION CENTRE FOR CHILDREN

# Newspod

Publication by Nurture Pods

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Year 2019

## ***Working with ADHD: Tips on Building on Your Child's Strengths***

In a previous issue of the Newspod, we raised 5 strengths that are commonly observed in children with ADHD. These children are often:



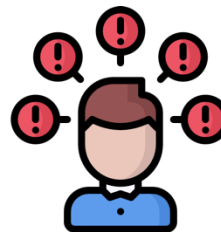
**Fast**



**Observant**



**Creative**



**Resourceful**



**Curious and Inquisitive**

Of course, these strengths may be overwhelming and difficult to deal with on a regular basis. In this issue of the Newspod, we will be offering some suggestions on how you can help your child harness his/her strengths and maximise his/her potential.





**Fast**

Children with the hyperactive/impulsive type of ADHD, as well as those with the combination type of ADHD often have trouble with restlessness and seem to be constantly moving. Many a times, these children are really fast, making it difficult for caregivers to supervise their every move. Parents can encourage these children to engage in physical activity to burn off the excess energy. Some examples of physical activities would include swimming, biking, and team sports. These activities will stimulate the children's brains and help them concentrate better.

Children with ADHD are often very observant, which results in inattentiveness. After all, their attention is constantly being captured by many different things at the same time. But, what this means is that they are already very motivated to explore and learn about the world around them. This opens the possibilities to let your child learn and develop in fun and exciting ways. For instance, you could go on nature walks as a family and allow your child to soak in all there is to see out there. Let them play with the sand and soil, pick up leaves and talk about their shapes and sizes. Perhaps you could even get them to keep an ear out for different birdsongs. By encouraging them to observe and think about specific things in their surroundings, you are training them to focus on one thing at a time. This would ultimately help with the inattentiveness they constantly exhibit.



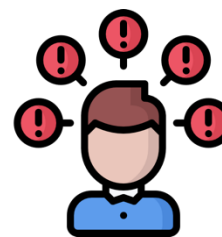
**Observant**



**Creative**

Perhaps due to how observant they are, children with ADHD are often pretty creative. You could engage them in fun activities for them to express themselves freely. Let them play around with paper, clay, crayons, paint, anything and everything that can help them turn their imagination into reality. The possibilities are endless, so try not to impose limits on what they can do unless it poses a danger to your child and the people around him/her.

Children with ADHD tend to have goals that they want to accomplish and would find ways to do so even if they do not seem to have all the resources they would normally need. This is a brilliant trait to have, for these children would rely on their problem-solving skills and ability to adapt to achieve what they set out to do. Since these children are naturally resourceful, it could be a good idea to withhold some items they would need for a particular activity and observe how they improvise to make things work.



**Resourceful**



**Curious and Inquisitive**

Children in general tend to be curious about the world around them, and this applies especially to those with ADHD. Most people would agree that curiosity is a great trait that should be encouraged. Do allow your children to ask questions and work towards finding the answers to those questions together, whether online or at the library. But before you look up answers, ask your child what he/she thinks. You would probably be amazed by what they come with! This would teach your child to think critically about the things around him/her instead of merely accepting information as they are told to him/her.

But what if their curiosity puts them in danger? One way to overcome this would be to redirect their curiosity to a similar activity that is much safer. For example, if your child is curious about how knives work, keep them away from your kitchen but get them toy kitchens where they can chop up toy food held together by velcro using safe plastic knives. This way, they can explore the questions they have for themselves, which really helps with the development of problem-solving skills.

We hope that this issue has been insightful for you. If you would like to know more about our services, please visit [www.nurturepods.com](http://www.nurturepods.com) (click on our services tab).

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