



Emotional literacy helps us to express our feelings and thoughts and understand why we may feel a particular way.

Recognising the signs in our body can help us to navigate our 'big emotions' and respond in a calm and appropriate manner. Recognising the emotions in others enables us to feel empathy and show understanding and help us to create meaningful relationships

Here you will be able to access useful information, guides, websites & apps. Each newsletter will focus on a specific area around your child's social and emotional needs

Emotional
Literacy
Support

Working
together to
support
you & your
child

Welcome to the
2nd edition of
ELSA
ParentMail

ADHD & Challenging Behaviours

POSITIVE OVER PUNISHMENT

Children with ADHD are more likely to respond to positive reinforcement rather than punishment. When rewards are withheld or efforts go unrewarded the result is poorer learning and performance.

LEARNING

Continued Positive reinforcement increases performance & ability to learn across a range of cognitive tasks. Ensure rules are obvious & clearly explained & praise when expectations are met. Calmly remind when they are forgotten & alert to any changes allowing time to adapt

REWARD

Children with ADHD are more likely to respond to a smaller immediate reward rather than wait out a larger delayed reward. Children with ADHD will also become more upset when they do not receive the anticipated reward & will give up more easily

THINGS TO REMEMBER

- Ensure waiting times are within your child's capacity.
- Set out expectations &
- Praise when they are met.
- Choose a reward that
- matters to your child.

TO SUMMARISE

In the absence of positive reinforcement, children produce fewer correct responses and they do not learn tasks as quickly or as well. A child with ADHD may experience an increase in frustration & simply stop engaging. This is not poor motivation, it is a neurological response to poor reinforcement.

ADHD & IMPULSIVITY



Impulsivity is a difficulty inhibiting immediate reactions, leading to impulsive behaviours & decisions



Children with ADHD may have an impaired regulation of dopamine which is responsible for reward & motivation



Common Behaviours can include

Acting without thinking or considering consequences. Interrupting others when speaking



Risk taking or engaging in dangerous behaviour
Difficulty waiting



Impulsive speech, inappropriate or unfiltered thoughts or comments



Impulsive spending



STRATEGIES TO IMPLEMENT

Not all techniques will be successful but trying for a reasonable amount of time is key to seeing what works and what does not work



STOP & THINK

These are delaying tactics. Think to yourself 'does this need to be said' 'does this need to be said now'



ALTERNATIVE OUTLET

If I need to interrupt I can write my thoughts down & wait my turn. I can hold an object to distract me until it is my turn



WHEN I FEEL IMPULSIVE

I can ask myself why? Why do I want to do that? What will I gain from doing this?



AVOIDANCE

I can best avoid people or situations that I know can lead to impulsive behaviours



SEEK ADVICE

Find someone I trust & have a conversation about what the possible outcomes may be if I respond or behave in a particular way



SELF AWARENESS

I can write down my triggers & I can identify patterns. I can discuss with a trusted adult about possible consequences



SLEEP ZZZZZZZ

I can ensure I have quality sleep by removing screen time 1 hour before my bedtime. I can try to go to sleep and wake up at the same times so as to improve my cognitive functions & emotional stability



FOOD & WATER

I can ensure that I include a variety of fresh foods in my diet & I drink as much water as I can to keep hydrated. This will improve my attention span & help me to focus for longer.



ADHD



FURTHER SUPPORT

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YOUNG MINDS WEBSITE

WWW.YOUNGMINDS.ORG.UK/YOUNG-PERSON/MENTAL-HEALTH-CONDITIONS/ADHD-AND-MENTAL-HEALTH/

ADHDUK website

<https://adhduk.co.uk/support/>

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List of Apps for Teens

www.understood.org/en/articles/apps-to-help-teens-with-adhd-manage-challenges