



The Brake Shop Clinic

Tips for Managing Hyperactive, Impulsive and Inattentive Behaviors



Ensure good health, including a well-balanced diet and adequate sleep.

Ensure normal vision and hearing.

Consider underlying learning or intellectual disabilities.

Develop a clear, developmentally appropriate routine which is structured and consistent across caregivers.

Keep rules clear and simple

Use lists, visual schedules, labels and timers to make the expectations as clear as possible.

Give plenty of positive feedback where appropriate - "catch them when they're good"

Build in rewards for appropriate behavior (motivation)

State what you **do** want the child to do, rather than what you do not want them to do (ie "use a quiet voice" rather than "don't shout"; or "stay here" rather than "don't run")

Give prompt feedback for inappropriate behavior but keep it brief

Discuss the rules during a quiet calm time (away from the moment discussion).

Provide a simple and natural consequence (i.e. if there's fighting over a toy, the toy is put away)

Make one request a time and follow through



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Check for understanding.

Adjust expectations if the child is tired or hungry.

Build movement breaks throughout the day.

Break larger tasks into small achievable ones.

Provide adult supervision in situations where impulsivity is a safety concern (i.e. climbing equipment, crossing a road)

Give warnings about upcoming transitions (i.e. to stop an activity, to go to bed)

Remember that is the behavior that is the problem, not the child

Celebrate every success 😊

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