

MANAGING ADHD WITHOUT MEDICATION

BEHAVIORAL AND EDUCATIONAL STRATEGIES:

Behavior Therapy- Work with a therapist to help create routines, reward positive behaviors, and have consistent consequences for misbehavior.

Parent Programs- Parent-Child Interaction Therapy (PCIT) and Behavioral Parent Training (BPT) helps parents work with positive reinforcement and structured discipline.

Classroom- Individualized Education Plans (IEPs) and 504 Plans allow the child to have extra time on classwork, breaks to move around, and a quiet place if necessary.

LIFESTYLE AND DAILY HABITS

Physical Activity- exercise, swimming, martial arts, team sports help children with ADHD focus and release excess energy.

Structured Routines- following a schedule that is consistent helps reduce distractions and time management.

Sleep- Consistent bedtime routine, reducing screen time before bed, and using white noise like rain falling or radio static sounds can improve sleep.

Mindfulness- taking deep breaths, and yoga can help with focus.

DIET AND NUTRITION

Diet- Reducing processed foods and additives can improve behavior. Your child should eat whole foods, lean proteins, healthy fats, and fiber-rich carbs which support brain function.

Omega-3-Supplements- This is found in fish oil which is a rich source of omega-3s. This may improve attention and cognitive function.)

Limiting Sugar and Food Dyes- Children benefit from the reduction of artificial colors and high sugar in their diet.

THERAPIES AND ACTIVITIES

Occupational Therapy- These strategies can assist with fine motor skills, sensory processing, and self-regulation. (manage one's behaviors in appropriate ways)

Animal-Assisted Therapy- Interacting with therapy dogs or pets can help kids with emotional and social skills.

Music/Art Therapy- Providing opportunities to be creative can improve self-regulation and focus.

Cognitive Behavioral Therapy (CBT)- Helps kids with ADHD to devise coping strategies, manage their emotions, and help with problem solving skills.

TECHNOLOGY AND TOOLS

Visual Timers and Checklists- Kids benefit by staying on task and able to transition to different activities.

Fidget Tools- Small stress balls or holding something that has texture can help with focusing.

Assistive Apps- There are plenty of friendly ADHD Apps for kids to help with organization and time management. (Todoist, MylifeOrganized, Tiimo, Google Calendar, Brain Focus, Brili Routines and many many more.