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5 Ways to Deal With ADHD

By Glenn Murray

5 Ways to Deal With ADHD

by: **Glenn Murray**

- 1) Get into a routine and stick to it (try to include fun times and laughter)
- 2) Set up a punching bag or get your child playing a sport
- 3) Be consistent with discipline and offer rewards where appropriate
- 4) Use positive language, keep directions short, maintain calm
- 5) Agree on consequences for behaviour together

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For more information on ADHD it's important to speak with your doctor.

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