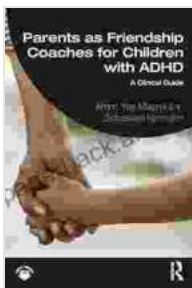


Parents As Friendship Coaches For Children With Adhd

Helping Your Child Make and Keep Friends

As a parent of a child with ADHD, you know that your child may face challenges in making and keeping friends. Children with ADHD may have difficulty with social skills, such as understanding social cues, taking turns, and sharing. They may also be more impulsive and hyperactive, which can make it difficult for them to fit in with their peers.



Parents as Friendship Coaches for Children with ADHD: A Clinical Guide by Sébastien Normand

★★★★★ 5 out of 5

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However, there are things that you can do to help your child make and keep friends. One important thing is to be a friendship coach for your child. This means providing your child with the support, guidance, and encouragement they need to develop strong friendships.

Here are some tips for being a friendship coach for your child with ADHD:

1. **Talk to your child about friendship.** Ask your child what they think makes a good friend. Talk about the importance of being kind, respectful, and supportive. Help your child understand that friendships are a two-way street, and that they need to give as well as receive.
2. **Help your child develop social skills.** Role-play different social situations with your child. Help them practice taking turns, sharing, and understanding social cues. You can also enroll your child in social skills groups or programs.
3. **Encourage your child to get involved in activities.** Activities are a great way for children to meet other children and make friends. Help your child find activities that they enjoy and that are appropriate for their age and interests.
4. **Be patient and supportive.** Making and keeping friends can be challenging for children with ADHD. Be patient and supportive as your child learns and grows. Celebrate their successes and help them learn from their mistakes.

Being a friendship coach for your child with ADHD can be a rewarding experience. By providing your child with the support, guidance, and encouragement they need, you can help them make and keep friends and build lasting relationships.

Here are some additional tips for parents of children with ADHD:

- **Be aware of your child's strengths and weaknesses.** This will help you to understand your child's challenges and to provide them with the support they need.

- **Set realistic expectations.** Don't expect your child to be perfect. Everyone makes mistakes. Focus on your child's progress and celebrate their successes.
- **Seek professional help if needed.** If you are struggling to help your child make and keep friends, don't be afraid to seek professional help. A therapist can help your child develop social skills and coping mechanisms.

Remember, you are not alone. There are many resources available to help you and your child. With patience, support, and guidance, your child can learn to make and keep friends and build lasting relationships.



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