

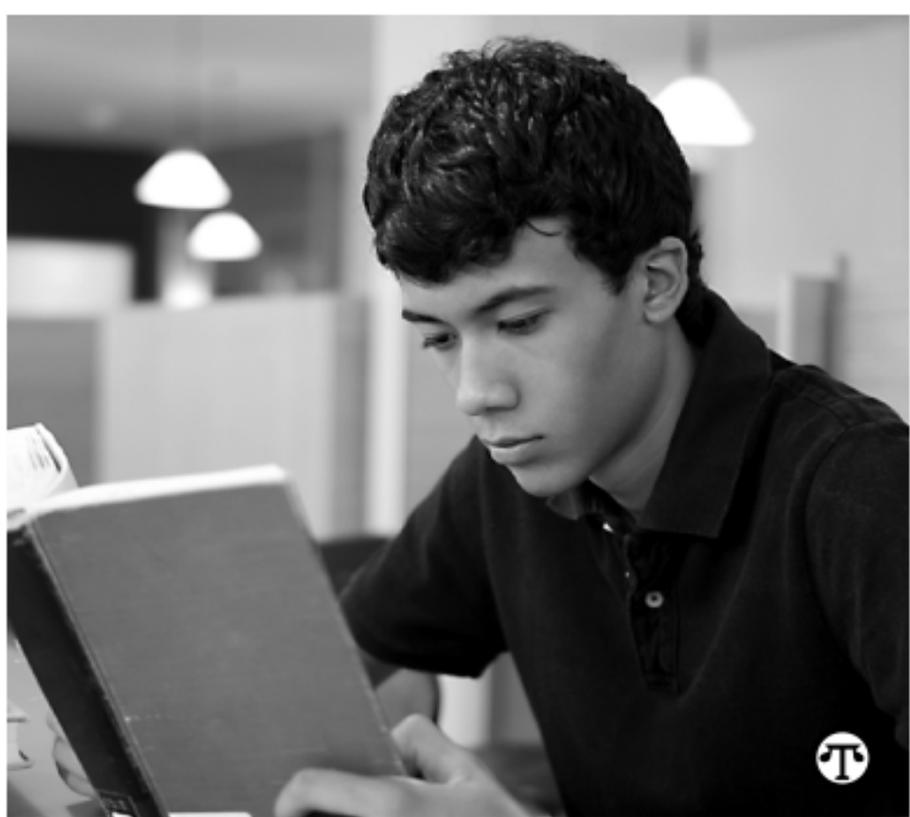
Parents' Guide



Adjusting To ADD And ADHD

(NAPSA)—Parenting a child with ADD or ADHD can be a challenging undertaking. However, applying specific behavior strategies can help families manage these conditions.

The Eckerd Academy—a residential alternative school for youth with ADD, ADHD and other emotional behavioral challenges—offers the following pointers:



Having a child with ADD or ADHD provides the opportunity to create structure and discipline for the whole family.

- Establish a clear set of rules for everyone in the household so that other family members can serve as role models.

- Maintain a predictable daily routine.

- Give user-friendly directions. Using a combination of verbal and physical cues serves both to model appropriate body language and to reinforce the child's focus.

- Prepare for new surroundings and situations. Unfamiliar conditions can often exacerbate attention problems.

- Set up a system of rewards and consequences.

For more information, visit www.eckerdacademy.org or call (800) 914-3937. The organization has locations in Georgia, Tennessee and Florida.