A WINDOW INTO MY WORLD - ADHD

1 Please Help me to focus

2 Please teach me through my sense of touch
I need hands on and body movement

3 I need to know what comes next
Please give me a structured environment where there is a dependable routine.

Give me advanced warning if there will be changes.

4 Wait for me, I'm still thinking.
Please allow me to go at my own pace.

If I rush, I get confused and upset.

5 I'm stuck ! I can't do it !
Please offer me options for problem-solving.

I need to know the detours when the road is blocked.

6 Is it right ? I need to know NOW !
Please give me rich and immediate feedback on how I'm doing.

7 I didn't forget, I didn't hear it in the first place !
Please give me directions one step at a time, and ask me to repeat back what I think you said.

8 I didn't know , I wasn't in my seat.

9 Please remind me to STOP, THINK, and ACT.

10 Am I almost done now ?
Please give me short work periods with short-term goals.

11 What ?
Please don't say "I've already told you that"

Tell me again in different words.

Give me a signal. Draw me a picture.

12 I know, it's ALL wrong, isn't it ?
Please give me praise for partial success.

Reward me for self improvement, not just perfection.

13 But why do I always get yelled at ?
Please catch me doing something right and praise me for my specific positive behaviour.

Remind me (and yourself) about my good points, when I'm having a bad day.

14 I may be hard to live with, and have ADHD, but I still have feelings and would have never chosen to behave like I do sometimes.

from "The ADHD Child's Bill of Rights"
By Ruth Harris