

Tactic 4

Reinforce good behaviours

Rewards and punishments shall be prompt, reasonable and consistent. When your child makes progress or behaves positively, s/he deserves to be praised, so as to strengthen his/her good behaviours. You can also set up specific reward plans with your child to encourage him/her to maintain good performance.

For example:

Target behaviour: while having conflict with family members, can use appropriate ways (e.g., take deep breaths, count down, drink water, leave the scene, etc.) to calm down.



Tactic 5

Create a good parent-child relationship

A good parent-child relationship is the basis for effective parenting. You should reserve at least 15 minutes of high-quality parent-child time every day to get together with your child. For example, you can play sports or table games with him/her, so as to enhance communication and relationship with each other. You can let your child lead more and follow his/her interest in activities. With regard to his/her ideas, you should encourage more, listen more and criticise less. Besides, you should remind yourself not to give too many instructions, so that s/he can have the opportunity to make decisions by himself/herself and feel your concern. Positive parent-child interaction not only helps you to improve the relationship between each other, but also makes your child willing to accept your suggestions, which is helpful for reducing impulsive behaviours.

If you are interested in the content of this chapter, you may refer to the information about supporting students with AD/HD at the Integrated Education and Special Education Information Online of the Education Bureau for further information:

<https://sense.edb.gov.hk/en/types-of-special-educational-needs/attention-deficit-hyperactivity-disorder/index.html>

Attention Deficit/ Hyperactivity Disorder (AD/HD)

Chapter (III)

Tips for Parents

Tip 2: “Improving Impulse-control”



Sun	Mon	Tue	Wed	Thur	Fri	Sat
★	★	★	★			
★	★	★	★			
★	★		★			
	★		★			
			★			
3	4	2	5			

Do the following conditions often occur to your child?

- Speak or act rashly
- Suddenly bring up a topic irrelevant to the conversation
- Rush to speak or talk over others
- Disturb others
- Lack of patience in waiting
- Often quarrel with others over trifles and lose temper

If the above situations often occur, you can try the methods introduced in this chapter.

Tactic 1

Teach your child methods to control impulsive behaviours

You can teach your child appropriate methods for self-control through role-playing, and help him/her practise from time to time.

You can teach your child to use the following steps to control impulsive behaviours when s/he is about to lose his/her temper:

1 Take a break: Calm yourself first by taking deep breaths or drinking water

2 Take a look and listen: Observe and understand the situation at that time

3 Think about it: Think about different methods and analyse their pros and cons

4 Act: Choose the right method

Tactic 2

Teach your child to use visual cues as self-reminders

You can post self-reminder cards or posters (such as "Take a break and think about it") at home at prominent locations to help your child remind himself/herself to handle emotions and control impulsive behaviours appropriately.

Example:



Tactic 3

Avoid direct conflict with your child. Don't reason things out with him/her before s/he calms down

When your child acts impulsively, any dangerous behaviour should be stopped immediately. You should stay calm and avoid direct conflict with your child when s/he is about to lose temper. Try to calm the child before dealing with his/her problems. You can ask the child to sit down and stay quiet for a few minutes. For example, you can ask him to take deep breaths, count down, drink some water, etc. to help him/her calm down at the soonest before reasoning things out with him/her to find out the problems and solutions.



After the child has calmed down, you can guide him/her to rethink about the following questions:

- What happened?
- How did I react?
- Who were affected by my impulsive behaviour?
- How were they affected?
- What was I thinking about?
- What method did I use to control my impulsive behaviour immediately?
- Could this method help me control my impulsive behaviour?
- How can I handle a similar situation better next time?