

# Attention Deficit/Hyperactivity Disorder (AD/HD) Chapter (III)

## Tips for Parents

### Tip 1: “Improving Concentration”

#### Do the following conditions often occur to your child?

- Hard to concentrate on work, wasting time on irrelevant things
- Easily distracted by the environment
- Delay in completing work
- Inattention to small details, frequently make careless mistakes while doing homework

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

Education Bureau  
2022

#### Tactic 1

Reduce environmental distractions as much as possible while your child is doing homework or revision

✓	✗
Quiet working environment	Noisy working environment
Fixed working place which is free from distraction	Working place close to the window or facing the door/computer/TV
Tidy study desk with only necessary books and stationery	Messy study desk with fancy stationery

#### Tactic 2

Give concise and clear instructions with appropriate body language to let your child understand the requirements

Example:

When my child comes back from school, s/he just watches TV and won't do his/her homework even after resting for a long time.

✓ **Clear instruction**

You can gently tap your child’s shoulder and say, “We agreed to take a half-hour break after school every day before doing homework. Now it’s time to do your homework. Please turn off the TV immediately and start doing your homework.”

X **Unclear instruction**

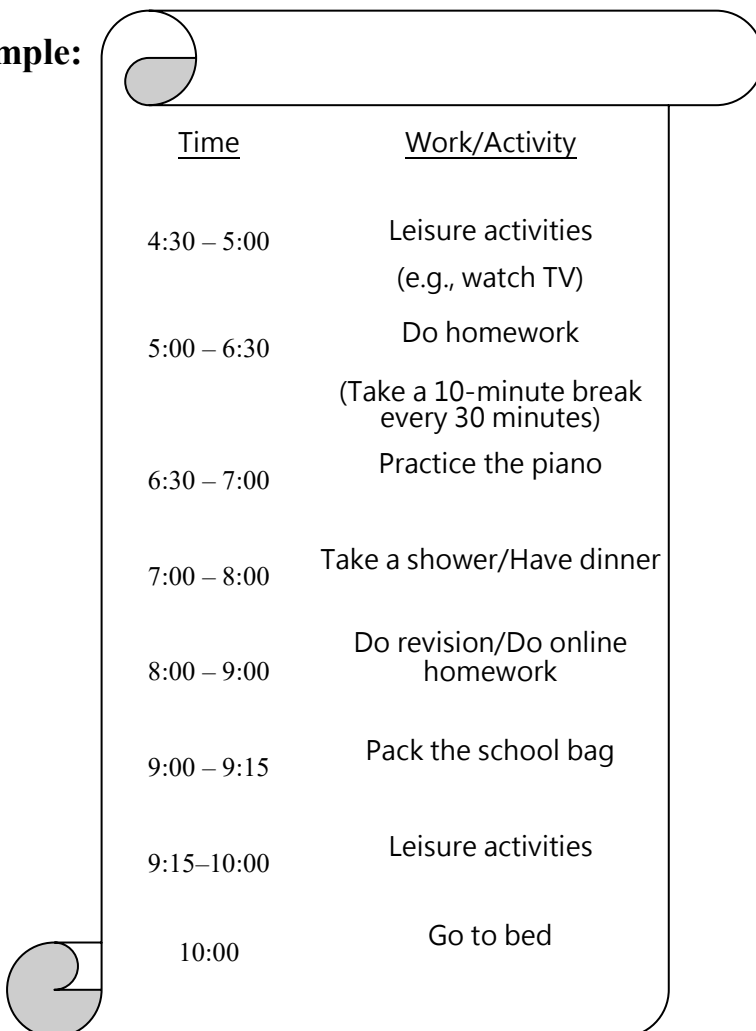
“Why are you still watching TV? You’ll fail to hand in your homework again tomorrow! You always behave this way. When will you be willing to make improvement?”

**Tactic 3**

**Break down the work to be completed into small parts based on your child’s ability, attention span, nature and the difficulty of the work, and set the time required to complete each part.**

Work with your child to make a work schedule, list the work/activities to be completed, and estimate the time required to complete each work/activity. In a learning activity that requires the child to attend for a long duration, leisure activities and breaks can be scheduled so that the child can effectively complete his/her work. Meanwhile, you should teach your child to monitor his/her own progress according to the deadlines for completing the work.

**Example:**



<u>Time</u>	<u>Work/Activity</u>
4:30 – 5:00	Leisure activities (e.g., watch TV)
5:00 – 6:30	Do homework (Take a 10-minute break every 30 minutes)
6:30 – 7:00	Practice the piano
7:00 – 8:00	Take a shower/Have dinner
8:00 – 9:00	Do revision/Do online homework
9:00 – 9:15	Pack the school bag
9:15–10:00	Leisure activities
10:00	Go to bed

## **Tactic 4**

### **Teach your child to use visual cues as self-reminders**

Teach your child to use visual cues, such as cue sentences, pictures and lists to remind himself/herself of the procedures, steps, time or priority of work, so that s/he can be helped to complete each piece of work.

Example:

#### **Steps for solving a math problem**

1. Read questions carefully
2. Find key words/symbols
3. List the steps
4. Calculate for the answer
5. Check

## **Tactic 5**

### **Use activities to improve your child's concentration at learning**

Promote your child's interest and enthusiasm in learning with activities, so as to enhance his/her concentration at learning. For example: using modelling clay to make Chinese words that are difficult to remember; making use of images to memorise new English vocabulary; playing board games to learn counting and basic operations (such as Flying Chess, Monopoly, etc.).

Example:



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>