Here is a tool to help “foster” a peaceful environment at home with your ADHD child.

**F.O.S.T.E.R.**

**FORECAST**  Let your child know your expectations of him/her in advance of a potentially challenging situation. Focus on what “TO do” rather than on what “NOT to do”.

**Try Saying This**  “Before we go into the restaurant, remember our agreement. 1. Stay in your seat  2. Indoor voice  3. Eat with your mouth closed. Got it?”

**OPTIMISM**  Make it a goal to spend more time paying attention to positive behavior than to negative.

**Try Saying This**  “I notice you really working hard on your homework today.”

**STRUCTURE**  Create predictability and routines for the ADHD child.

**Try Doing This**  Set up consistent morning and bedtime routines to help create a peaceful environment at home.

**TO THE POINT**  When you want to alter behavior, make your statements short and sweet. Wait silently for compliance and impose an immediate consequence if your directive is not followed.

**Try Saying This**  “Hands and feet to yourself.”  **Instead of This**  “How many times do I have to tell you not to hit your sister?!?”

**EXPECTATION OF INNOCENCE**  Remind yourself that the ADHD child does not behave badly on purpose.

**Try Thinking This**  “Take a deep breath. She’s not doing this purposely to make me mad. She is frustrated and needs some help.”

**RESTRAINT**  Stay as neutral as you are able. When you are upset, your child’s behavior worsens. Take a break if you need one.

**Try Thinking This**  “Andrew, you are shouting at me. I have a hard time hearing you when you do that. Sit on your bottom and speak more quietly so that I can hear you.”

*If you have questions about how In Step can help your family, please call our office in Fairfax at 703-876-8480 or Sterling at 703-433-5771 or email us at info@insteppc.com.*