

## **Does your child have difficulty with his/her behavior in school?**

**The following are things to rule out as possible causes to children's behavioral issues.**

1. **How is your child's vision?** If your child is having difficulty seeing they can act out because they are frustrated that they can't see.
2. **How is your child's hearing?** If your child is not hearing very well they may be missing important instructions. If they missed the instructions, and are not doing what the teacher asked, it looks like they are not following directions.
3. **Is your child getting enough sleep?** Do you have a nighttime routine? Is your child's bedroom rid of distractions? Ex TV.  
Amount of sleep that is recommended:
  - a. 5 years      11 hours
  - b. 6 years      10.75-11 hours
  - c. 7 years      10.50-11 hours
  - d. 8 years      10.25-11 hours

If your child is tired sometimes they act out to try to stay awake. If you are tired you tend to be more irritable which can lead to being quick to anger. Or if they are tired they are not going to do their very best in class.

4. **How is your child's diet?**
  - a. How much sugar, and caffeine are they getting a day?
  - b. Do they have a healthy diet?
  - c. Are they drinking a lot of water?
5. **How much exercise is your child getting each day?**
  - a. Needs a minimum of 30 minutes a day
6. **How much TV/screen time(computers, tablets, cell phones, etc) is your child having each day?** Here are some guidelines:
  - a. No TV under the age of five.
  - b. Only 1 hour a day is recommended for children under the age of 12.
  - c. Avoid stimulating shows before bedtime.

- d. Violent programs watched before the age of three-  
\*significantly associated with attention problems five years later. Each hour per day spent viewing violent programs, accounted for double the odds for attention problems later on.

7. **Environmental exposure to Secondhand Smoke** has been found (prenatal and postnatal exposure) to increased rates of behavior problems of ADHD; Irritability; Oppositional Defiant Disorder; Conduct Disorder.

8. **\*Consult with your child's doctor to rule out any medical/physical underlying causes to their behavior.**

- a. Allergies
- b. Food Allergies and Sensitivities
- c. Vitamin and Mineral Deficiencies
- d. Diet
- e. Sleep Apnea
- f. Lead Exposure
- g. Pesticide Exposure

9. **How is the structure in the home?**

Parents are in charge-not the child. You are not there to be your child's best friend, you are there to be a parent. If child is in charge at home they will tend to want to be in charge at school and challenge the teacher's authority.

Parents do you say "no" and mean it? Sometimes parenting requires you to say no. If you don't hold firm when you say no, children will tend to push the limits each time until they get what they want. However when you say no, and mean no, they will learn to accept those limits and not keep trying to push until they get what they want.

What are the rules and expectations in the home? Do the children know them? If they don't know the rules how can they follow them?

Are the children held accountable for their behavior? If children are held accountable for their behaviors they will learn what behaviors are appropriate and inappropriate. Natural consequences are the best teachers.

Parents love your children unconditionally!

Parents be good role models for your children.

Home is organized and not chaotic. There are routines in the home and not a lot of drama. There are not a lot of people going in and out of the home. You as a family are not moving around from place to place. Stability is key!

**\*Non-Medication Treatments for ADHD**

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10. **Finally**, parents, if you have attempted to rule out all of the above possibilities to the cause of your child's behavioral concerns it may be time to consult with a professional such as your child's doctor, a therapist or your child's school counselor to try to find some solutions.

***Working together we can make a difference!***

Good Luck!!!!