

Safety Tips for Children with ADHD

The Center for Disease Control reports that children with ADHD may be more likely than other children to be hurt when:

- ❖ Distracted.
- ❖ Not paying attention or not being careful.
- ❖ Hasty.
- ❖ Reckless or rash.

What can a parent do?

- ❖ **Fun Safety.** Keep a watchful eye on children when they are:
 - On the playground.
 - Climbing.
 - In or around a swimming pool.
 - At cook-outs, barbeques, fireworks, or any open flames.

- ❖ **Wheel safety.** Make sure a helmet is used when:
 - Bike riding
 - Skating
 - Skate boarding
 - Skiing

- ❖ **Car Safety**
 - Remind children frequently to watch for cars when playing or walking.
 - Seatbelt/child booster seats are a must.
 - Stay seated on the school bus.

- ❖ **Animal Safety.** Watch around pets and farm animals. Children love animals, but animals don't always love children.

Watch for common dangers: Parents don't realize that young children can drown in less than an inch of water, that drinking mouthwash can cause a young child to fall into an alcohol coma, or that children can fall out of a window that is only opened 5 inches.

Use pictures: Use stickers like the "Mr. Yuk" or ☹ or ☹ to remind your child of safety issues. Put them on lighters, matches, power tools, the knife drawer, or any other likely cause of injury.

Make rules specific and clear: Give specific instructions and keep them simple. *Cross the street only with a grown-up.* Be clear about what's off limits: the windowsill, the oak tree.

Role play and practice: Go over situations such as: "What do you do when the ball rolls into the street?" Showing your child what you mean is more helpful than telling them.

Look, watch, listen: Watching all six year olds is important. Watching ADHD kids takes extra care. Make sure that your baby-sitter or child care provider has the needed energy and caution to keep play safe.