



Community Contributor
Ruth E. Harris – Director of Northwest Reading Clinic, Ltd
2600 Stein Blvd, Eau Claire, WI
715.834.2754
www.NorthwestReadingClinicLTD.com

An A.D.D. Child's Bill of Rights

"Help me to Focus."

Please teach me through my sense of "touch". I need "hands-on" and body movement.

"I need to know what comes next."

Please give me a structured environment where there is a dependable routine. Give me an advanced warning if there will be changes.

"Wait for me: I'm still thinking."

Please allow me to go at my own pace. If I rush I get confused and upset.

"I'm stuck: I can't do it."

Please offer me options for problem-solving. I need to know the detours when the road is blocked.

"Is it right? I need to know NOW!"

Please give me rich and immediate feedback on how I'm doing.

"I didn't forget: I didn't hear it in the first place."

Please give me directions one step at a time and ask me to say back what I think you said.

"I didn't know I WASN'T in my seat."

Please remind me to stop, think, and act.

"Am I almost done now?"

Please give me short work periods with short-term goals.

"What?"

Please don't say "I already told you that". Tell me again in different words. Give me a sign. Draw me a symbol.

"I know, it's ALL wrong, isn't it?"

Please give me praise for partial success. Reward me for self-improvement not just for perfection.

"But why do I always get yelled at?"

Please catch me doing something right and praise me for my specific positive behavior. Remind me (and yourself) about my good points when I'm having a bad day.

"Reward me for my effort."

Please remember to say, "Thanks for trying so hard." It takes extra effort to keep on task.