

Ways To Manage Your Hyperactive Child



Take the child for a walk

Walking rejuvenates not only the mind and body but also enhances the focus of the child.



Don't neglect

Don't leave the child all alone every day. Involve yourself with their schoolwork and daily activities.



Change the diet

Give children fresh and home-cooked meals devoid of preservatives and artificial flavors. It helps in their mood improvement.



Relax them before bed

Use calming activities like rocking, swinging, and dimming the lights to ease the transition from high energy phase to a lower one.



Educate yourself

Educate yourself about ADHD and discuss the new developments in its treatment and management with your child's doctor.