

# Bill of Rights for Children with ADD/HD

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1. **HELP ME TO FOCUS** - Please teach me through my sense of touch. I need "hands on" and body movement.
  2. **I NEED TO KNOW WHAT COMES NEXT** - Please give me a structured environment where there is a dependable routine.
  3. **WAIT FOR ME, I'M STILL THINKING** - Please allow me to go at my own pace. If I am rushed, I get confused and upset.
  4. **I'M STUCK, I CAN'T DO IT!** - Please offer me options for problem solving. If the road is blocked, I need to know the detours.
  5. **IS IT RIGHT? I NEED TO KNOW NOW** - Please give me rich and immediate feedback on how I am doing.
  6. **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.
  7. **I DIDN'T KNOW I WASN'T IN MY SEAT!** - Please remind me to stop, think, and act.
  8. **AM I ALMOST DONE?** - Please give me short work periods with short term goals.
  9. **WHAT?** - Please don't say "I already told you that." Tell me again, in different words. Give me a signal. Draw me a symbol.
  10. **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.
  11. **BUT WHY DO I ALWAYS GET YELLED AT?** - Please catch me doing something right and praise me for the specific positive behavior. Remind me about my good points when I am having a bad day.
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