

# Why Self-Discipline Is Key for Children with Attention Deficit Disorder (ADD)

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Self-discipline is one of the most important areas for a family to pay attention to in raising a child with ADD. Childhood attention deficit disorder (ADD) is a serious health issue that needs to be managed.

**The best parenting strategy for children with attention deficit disorder is to teach them how to practice self-discipline.**

This is because they are more apt to be impulsive and less likely to listen. This article includes information on what one needs to do to help instill self-discipline in children with ADD.

Children with ADD can be distracted at one time and be hyper-focused the next time. Self-discipline is the heart of this paradox. It's worthwhile to identify the relationship between ADD and self-discipline.

**Research has shown that children with ADD have challenges in paying attention in some situations.** These are situations that are effortful, repetitive, or uninteresting to them. Sometimes, they pay more attention than unaffected children, such as situations that provide instant payoffs and rewards after completion.

Self-control is about managing your attention span and emotions. It allows people to think, plan, organize, consider alternatives, and sustain focus on situations. Researchers have identified ADD because of delayed or faulty self-control.

We give medications and stimulants to ADD patients to stimulate a center in the brain that governs and regulates humans.

According to Dr. Sam Goldstein, a clinical professor of psychiatry at the University of

Utah, stimulant medications are not effective in reducing the long-term effects of ADD. Programs that increase opportunities to learn self-control in the kids' formative years are crucial.

**Consider these strategies that you can do as a parent to teach your children self-discipline:**

1. **Maintain consistency.** Give them specific times to do certain activities and avoid changing them. **As a parent, you have to be consistent in enforcing that tasks are being carried out at set times.**
2. **Have a healthy relationship with your child.** There should be an environment where the child can exhibit optimistic and confident social behaviors. A good relationship will lay the foundation for the child's behavior.
3. **Be a role model.** ADD kids need role models. To instill self-discipline, it's important to lead by example. Put up a structure and a routine for your activities and they will learn to do the same.
4. **Reward good rather than punish wrong.** Add incentives, reward good behaviors, and motivate them to practice self-discipline.
5. **Give gentle reminders.** Create efforts to remind them to stay calm and make the right choices when they need to. Research has shown that gentle reminders are effective in getting ADD kids to conform to rightful behaviors.
  - **Teaching self-discipline to ADD kids will enable them to face life challenges, manage stress, and make good choices.** It also enables them to cope with uncomfortable situations healthily.

As you can see, self-discipline and impulse control are key to helping children with ADD do well in school. As parents, it is important that we help support these children. We need to set up a healthy, structured home environment that helps them to reach their greatest potential.

When a child lacks the ability to exercise self-control, they will experience increased

levels of distractibility, impulsive behavior, and poorer academic outcomes. Thus, **teaching a child with ADD self-control skills at an early age will help them become more successful in school and in life.**