



Living with ADHD: LEMONS

Love & Accept your child.

"If a child lives with acceptance and friendship, he learns to find love in the world.."

Environment. Create a structured living environment.

Manage your own stress level. Be calm even when provoked.

Open-mindedness. Be open minded about effective treatments for ADHD.

Never blame yourselves or your child!

Support. Join a parent support group. You are not alone in dealing with an ADHD child.