



# Pointers For Parents

## Helpful Hints For Choosing Toys For Children With ADHD

(NAPSA)—Children with ADHD have special needs, and finding the right toys for them to play with in order to help with their growth and development can be a challenge.

According to the Oppenheim Toy Portfolio, the only independent consumer reviewer of children's media, you should keep these factors in mind when you're picking out toys for a child with attention-deficit with hyperactivity disorder:

- **Remove distractions.** Does your playroom look like a toy store? Children with ADHD are easily distracted when there are lots of toys around vying for their attention. To help your child focus, it might be helpful to have a play table where only one game or toy can be played with at a time. Place other toys in closed cabinets. In this case, less is definitely more.

- **Play to their strengths.** Children with ADHD have plenty of energy that they need to use, so physical activity should be encouraged. For example, sports such as swimming or karate can provide a valuable outlet.

- **Build confidence.** Because they often become frustrated and discouraged, children with ADHD have trouble completing lengthy tasks. While bringing home an elaborate and complicated puzzle or construction set might seem like a great treat, it may be too



**Make sure you take a child's ADHD into account when picking out playthings.**

intimidating. Instead, start out simpler and give your child a puzzle or construction set that has fewer components and is recognizable, such as an oversized map of the United States.

- **Keep it short.** Games with short play times are a better choice than those with lengthier ones. Selecting games with only a few easy-to-understand rules is the best choice for children with ADHD.

- **Encourage dramatic play.** Giving children the props for pretend play—whether it's a set of costumes, puppets or a playhouse—is a solid choice for helping children to develop their imaginations and communication skills. Role-playing

with dolls, stuffed animals or action figures allows children to express feelings that they might not otherwise be able to do directly.

- **Artistic expression.** Children with ADHD generally react badly to being told that they are not doing something the right way, and are prone to give up. Open-ended art supplies such as clay, big markers, or paints give children an opportunity to express themselves in a nonverbal way. There is no right or wrong way to use these art supplies. As a parent, it is also your job to provide positive reinforcement. For example, you can help coordinate an art show for family members to attend.

- **Make sure everyone is on the same team.** Be aware that you can help children cope with ADHD and create a supportive environment that involves the whole family. Extended family members should be encouraged to interact with children who have ADHD, but be sure that these family members have reasonable expectations. For example, children with ADHD cannot be expected to sit still for long projects or games. It is important for everyone to be aware and considerate of each other so that no one will end up frustrated or in tears.

For more information or for a list of the top 10 toys that best fit this criteria, please visit [www.adhdsupportcompany.com](http://www.adhdsupportcompany.com).