

Recommendations for the management of Attention Deficit Hyperactivity Disorder (ADHD)



Attention deficit hyperactivity disorder (ADHD) is a chronic condition that affects children and in many cases continues into adulthood. Among its most common symptoms are difficulty maintaining attention, hyperactivity and impulsive behavior. Learning about this disorder and how it manifests itself in the lives of those who suffer from it can help manage the challenges that arise in daily life.

Considerations for children and adolescents with ADHD:

- Learn about ADHD. This will help you understand the disorder and gain skills for managing and understanding the child.
- Identify how ADHD affects the child's behavior and performance in different areas of his or her life.
- Help them understand what's going on and offer options for managing symptoms related to the condition.
- Validate and praise the child for his or her positive behaviors with encouraging expressions, such as: *How much you learned today, I congratulate you!*
- Whenever possible, reward their positive behaviors. It is not necessary to do it with gifts; One option may be to take him to the park or somewhere he likes.
- Avoid constant criticism, as it can affect the child's self-esteem.
- To promote adaptation, maintain a daily routine in which activities are done at the same time.
- Offer short instructions, one at a time, for easy understanding and execution.

- Help them develop their skills and talents (drawing, singing, reading, playing sports, etc.).
- Discipline effectively and avoid physical punishment, as it can significantly affect the child's behavior and self-esteem, as well as delay the progress of treatment. Physical punishment can be considered abuse. Instead of yelling or hitting, use techniques such as "time out" or withdrawal of privileges because of inappropriate behavior.
- Ensure that the child maintains a healthy diet and performs regular physical activity.
- Limit the time you use technology, such as cell phones, computers, tablets, and other electronic devices, by setting specific times and encouraging frequent breaks.

Considerations at school:

- Talk to teachers about setting up an individualized educational program for the child.



- Visit the school often to learn about their academic and behavioral progress.
- Request, if possible, extra time to complete assignments or tests, breaks between activities, or a space where you can get up and move around.
- Set a homeschooling schedule, every day, at the same time.
- Help them stay attentive and focused on their tasks, controlling distractions around them.

Considerations for adults with ADHD:

A person with ADHD may not have been diagnosed in childhood and may begin to experience difficulties that lead to an evaluation as adults. If you have a diagnosis, the following considerations can help in your daily life.

- Protect your mental health; Be selective about the people and situations around you.
- Develop organized routines and habits.
- Keep a planner or notebook handy where you can write down the day's activities.
- Use a visible wristwatch, wall, or desk clock to help you keep track of time.
- Perform only one task at a time. Break down large projects into smaller, more manageable steps.
- Take 10-minute breaks during your business hours or between scheduled activities per day.
- Don't neglect your follow-up appointments and therapy with human behavior professionals.

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://www.mayoclinic.org/es/diseases-conditions/adhd/symptoms-causes/syc-20350889>

<https://www.helpguide.org/es/tdah/consejos-para-controlar-el-tdah-en-adultos>

<https://kidshealth.org/es/parents/parenting-kid-adhd.html>

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