**HYPERACTIVITY**

**Healthy Young Minds Newsletter**

**Tips for Parents**

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***What is Hyperactivity?***

* A word we use to describe excessive activity.
* An inability to keep still for long periods

***What signs should I look out for in a young person?***

* Activity levels higher than other children of a similar age
* Always full of energy
* Difficulties sleeping
* Early wakening
* Restlessness
* Difficulties concentrating on homework
* Difficulties managing the school day
* Fidgety
* Fiddling
* Leg swinging or feet tapping

**CAMHS would be very grateful for any feedback on this newsletter. Please could you complete** <https://www.surveymonkey.co.uk/r/XBY2JPR>

**te the online survey:**

***What can I do to help a young person with hyperactivity?***

* Provide physical activities for the child to engage in such as swimming, walking, trampolining. Set mini challenges (timing how long it takes to run around the block)
* Allow opportunites for movement with responsible tasks such as laying the table when you are preparing meals , helping to serve food, prepare peoples drinks, feeding the pets. Having their own roles and responsibilities will help feelings of belonging and self worth as well
* Be flexible, allow the child to stand up or kneel on their chair if it helps them finish their meal at the table
* Prepare them in advance of changes and explain what is going to happen and why
* Regular routines around bedtime and getting ready for school
* Relaxation exercises before bedtime
* Provide acceptable (quiet) activities for ‘early risers’
* Support your child to find activities that help them to be calm and restful so they can learn what helps them feel calm when feeling stressed: such as listening to music, having a hot bath
* Teach your child respect for peoples personal space and to keep hands and feet to themselves (imagine an invisible hula hoop)
* Sew a label with a couple of shaped buttons on in their school pocket to fiddle with
* Avoid over relying on electronic devices to keep them calm and focussed

