



#RELATIONSHIPS &amp; FAMILY

# HYPERACTIVE KIDS?

## 6 easy ways suggested by experienced parents

Boundless vigour, curiosity and enthusiasm — life with an over-energetic child can be wonderful, yet exhausting. Thankfully, even without a formal hyperactivity diagnosis, parents and caregivers can adopt some simple, supportive strategies and habits to make this journey a more rewarding experience for both parties.

### Set a daily routine

This helps everyone, regardless of age or energy level; for someone with uncontained vigour, perhaps a bit more so.

"It took me some time to ensure routine and stick to it," mentioned Misha Rahman, mother to a 5-year-old boy. "Within a few months of religiously following it, I feel like the struggle is much less now with my son's bedtime and homework time."



With just a bit of effort, parents can ensure consistent bedtimes, wake-up times and mealtimes. This brings predictability into their lives and automatically trains their brains to



transition smoothly from one task to another with minimal effort.

### Encourage calm sit-down activities

Colouring, painting and playing board games can all encourage sitting still for reasonable periods. In addition to the

obvious benefits, such as encouraging creativity, colouring, and board games, they can also help children with problem-solving, focus, and perseverance.

"My daughter surprises me by sitting through an entire board game of Ludo," laughed Nishat Alam, mother of an 8-year-old. "It's the one time I see her calmer and more focused than usual."

### Try a simple reward system

Consider an earned reward system. Offer stickers for easy chores such as packing up their own school bags, brushing teeth and wearing clothes without getting distracted. Set a reward at the end of the week — the higher the number of stars, the bigger (reasonably) the reward.

"I keep a star chart on the fridge," said Farzana Karim, mother to a 6-year-old. "By Friday, my son is so excited to see how many he has earned. Sometimes the reward is just an ice cream treat, but it works wonders!"

