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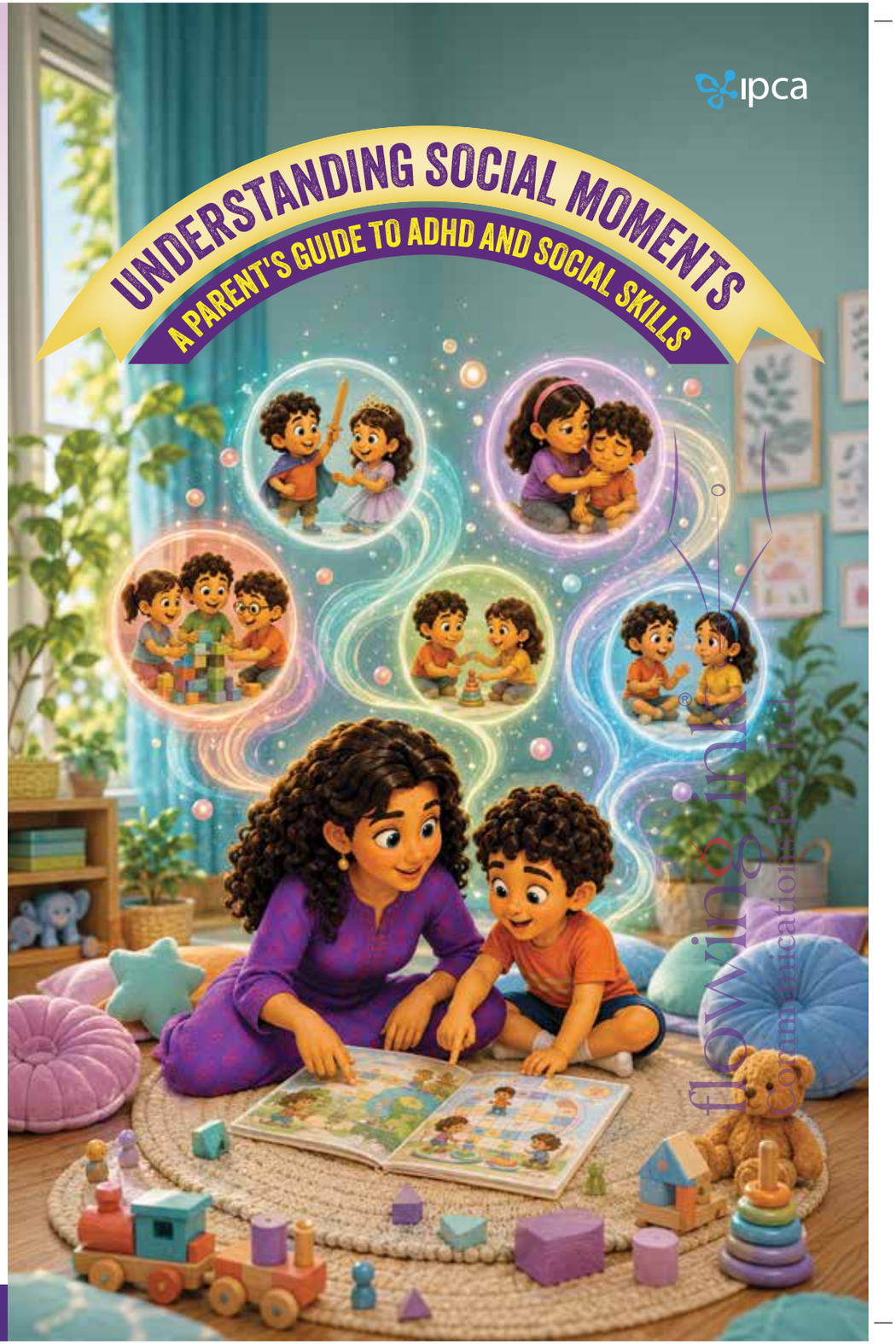
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UNDERSTANDING SOCIAL MOMENTS

A PARENT'S GUIDE TO ADHD AND SOCIAL SKILLS



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WHY IS EVERYONE COMPLAINING?

WHEN RELATIVES COME HOME





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ADHD insight

ADHD is characterized by symptoms of inattention, hyperactivity, and impulsivity, which can affect social interactions.

Children may struggle to control impulsive behaviours, interpret facial expressions or body language, and respond appropriately in social situations.



PARENT TIP

Provide immediate and frequent feedback about inappropriate behaviour.



Clearly communicate social expectations like sharing, taking turns, and showing respect.



Breaking down social expectations into steps and providing examples.



Use role play to practice.



Ref.:1. Social skills for ADHD. Available from: https://www.verywellmind.com/how to improve social skills in children with adhd 20727#toc teach skills directly and practice practice practice . Accessed on July 22, 2026. 2. How does ADHD impact social skills? Availab le from: https://www.healthline.com/health/adhd/adhd social skills . Accessed on July 22, 2026.

ANOTHER COMPLAINT FROM SCHOOL?

LEARNING TO WAIT MY TURN





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ADHD insight

Hyperactivity and impulsivity can make it hard for children with ADHD to wait, take turns, and control impulsive responses during conversations and group activities.





- Interrupts
- Finishes everyone else's sentences
- Changes the game rules



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PARENT TIP

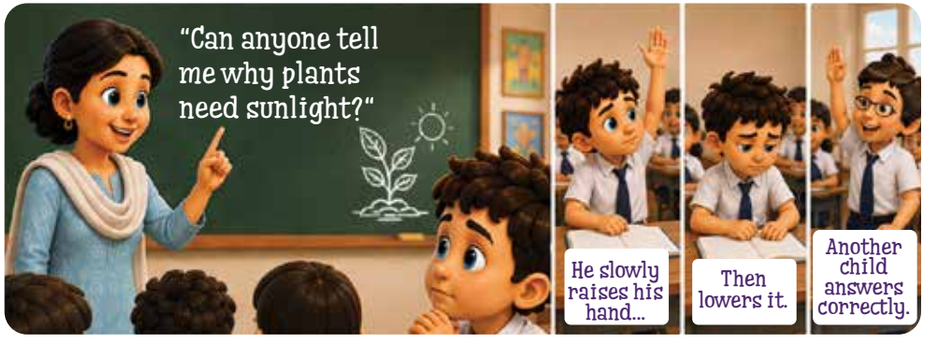


- Use games to practice turn taking (e.g., board games, card games).
- Build patience through stories by reading in short sections and encouraging anticipation.
- Use visual schedules or timers to help children understand when their turn is coming.
- Keep expectations clear and consistent to make waiting easier and less stressful.

Ref: 1. ADHD. Available from: https://my.clevelandclinic.org/health/diseases/4784 attention deficithyperactivity disorder adhd . Accessed on July 22, 2026.
2. Building the ability to wait and take turns in children. Available from: https://nayidisha.org/article/therapies adls/building the ability to wait and take turns in children/ Accessed on July 22, 2026

I KNOW THE ANSWER... BUT WHAT IF IT'S WRONG?

BUILDING CONFIDENCE TO SPEAK UP







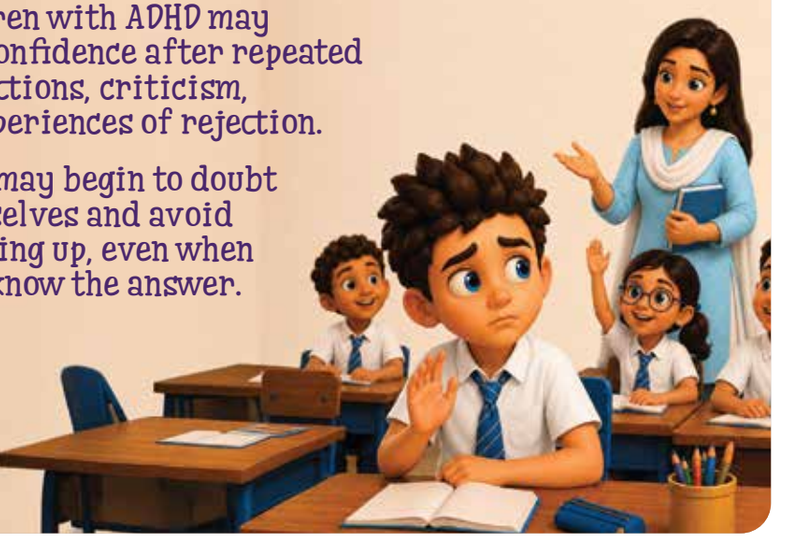
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ADHD insight

Children with ADHD may lose confidence after repeated corrections, criticism, or experiences of rejection.

They may begin to doubt themselves and avoid speaking up, even when they know the answer.



PARENT TIP

- Praise efforts, not just correct answers.
- Tasks should be structured to ensure the child experiences frequent achievable success.
- Break big tasks into smaller, manageable steps.
- Support and guide instead of criticising mistakes.
- Focus on your child's strengths and interests.
- Reassure your child that mistakes are part of learning.



Ref: 1. Building Confidence in Children with ADHD . Available from: https://adhdclinic.com.au/2026/04/30/building confidence in children with adhd/adhd/. Accessed on July 28, 2026

"I DON'T WANT TO PLAY ANYMORE!

BIG FEELINGS, BIG REACTIONS





Musical chairs. Chintu loses. He throws the chair aside

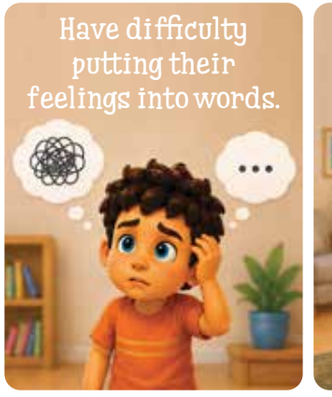


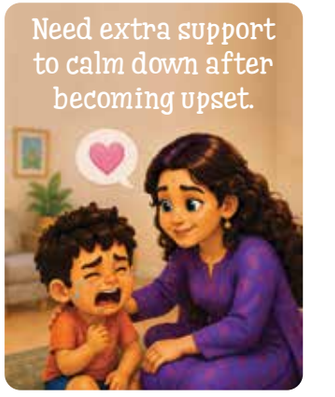
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ADHD insight

Children with ADHD may find it difficult to manage their emotions because their brains find it harder to pause and regulate emotional reactions. As a result, they may:


Feel emotions more quickly and intensely than their peers.


Have difficulty putting their feelings into words.


Need extra support to calm down after becoming upset.

PARENT TIP

Create a calm corner to help your child relax



Use a feelings thermometer

Draw a simple thermometer with zones:
- Calm
- Frustrated
- About to Explode.



Encourage the child to point to how they are feeling.

Help the child use a calming strategy like deep breathing, counting before emotions escalate.



Use visual break cards

Create simple cards such as
- "I need a break."
- "I need help."
- "I'm frustrated."



Encourage the child to use these cards to express emotions.



Praise the child for communicating feelings calmly instead of screaming or withdrawing



Ref.: 1. The Key to ADHD Emotional Regulation? Cultivating Gratitude, Pride & Compassion. Available from: https://www.additudemag.com/emotional-regulation-adhd-kidsstrategies/?srsltid=AfmBOorTMeDACHCnDyVj95TcEGD8ZCcoj92Vkn9J79VyBfnHpgmiH1fQ. Accessed on July 24, 2026 2. ADHD and Emotional Regulation: Practical Strategies for Parents at Home. Available from: https://www.growneuropsychology.com/post/adhd-and-emotionalregulation-practical-strategies-for-parents-at-home. Accessed on July 24, 2026

CAN I USE THAT?

USING PEOPLE'S THINGS WITHOUT ASKING



Chintu sees his friend's new set of colourful sketch pens.



Without asking, he picks them up and starts drawing.





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ADHD insight

Children with ADHD have impulse control difficulties.

Children may struggle with resisting the immediate desire for an item without considering the consequences.



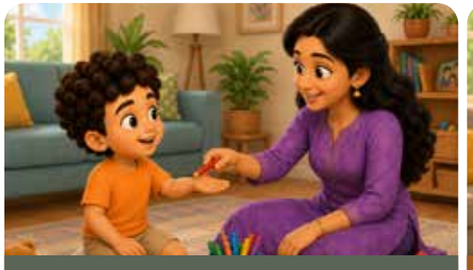
PARENT TIP



Teach the child to ask before using or borrowing.



Set clear family rules about asking permission first.



Practise the skill through role play at home.



Praise the child every time they remember to ask first.

Ref.: 1. How does ADHD impact social skills?
Available from: https://www.healthline.com/health/adhd/adhd social skills . Accessed on July 24, 2026
2. How Do I Set Boundaries with a Child Who Steals? Available from: https://www.additudemag.com/how to set boundaries stealing adhd children/?srsltid=AfmBOorDy9sSDzdLFuNiSlGF5agMZPmBUgq30PsmMvgb_hB fz9 XHB4ga Accessed on July 24, 2026

HELPING YOUR CHILD IMPROVE SOCIAL SKILLS

Children with ADHD may need extra guidance to develop social skills, but with patience, practice, and positive support, they can become more confident and interact more successfully with others.

How Parents Can Help



1. Talk gently but honestly with your child about social situations and how to handle them.



2. Practice social skills through role play in a fun and supportive way.



3. Encourage small group play with one or two children to build confidence.



4. Choose activities that promote teamwork, such as sports, art, or music.



5. Make time for your child to play and praise positive play behaviours regularly.

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Ref.: ADHD parenting tips. How to help a child with ADHD. Available from: https://www.helpguide.org/mental health/adhd/parenting child with adhd . Accessed on July 24, 2026

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ACTIVITIES TO BUILD SOCIAL SKILLS



Role play everyday situations.



Board games that encourage turn taking.



Sports



Dance, music, or drama classes.



Group art and craft activities.



Gardening with family members.



Treasure hunts or scavenger hunts.



Community or school group ac tivities.

Ref.: 24 Activities for Children with ADHD to Help Build Skills. Available from: https://www.healthline.com/health/adhd/activities f or children with adhd#24 activities. Accessed on 24 th July 2026

Match the Pair

Draw a line to match each animal with its home.











Awesome matching!
You're a star!

Emotion Detective

Look carefully and name each feeling.

1 
2 
3 
4 
5 

 Happy
 Sad
 Angry
 Surprised
 Excited

Feelings help us understand ourselves and others!

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