



# Understanding Hyperactivity

## A Warm Guide for Parents

Hyperactivity can look different in every child. Some common signs include:

- Impulsive actions
- Difficulty controlling voice
- Short attention span
- Emotional ups and downs
- Restlessness and fidgeting



### Creating a Calm Environment

Set up a peaceful space for your child.

- Play soft, soothing music
- Create a quiet work area
- Limit visual distractions



### Setting Up Learning Tasks

Make activities short and engaging.

- Allow movement breaks
- Keep tasks brief
- Offer varied activities



### Responding with Patience

Your calm presence helps so much.

- Use a gentle, calm voice
- Guide your child gently
- Offer plenty of praise and support



### Gaining Attention

Help your child focus:

- Make eye contact
- Use gentle touch
- Add fun, colorful activities



### Setting Clear Expectations

- Explain rules clearly
- Be firm but fair
- Follow through with instructions

With love and understanding,  
your hyperactive child can thrive.