

# Tips for ADHD in Children

Children with ADHD benefit greatly from optimization of their nutrition and lifestyle. Many of these habits can help augment behavioral and medical treatments as well as decrease symptoms on their own. It's important to find a routine and regimen that works for your child and your lifestyle. Don't be afraid to try different approaches and techniques and remember that things can change over time and you may have to continue to tweak your methods.

1. **Diet:** Emphasize plant-based diet high in fiber, protein and healthy fats. Avoid artificial colors, flavors and additives. Avoid Dairy.

This is of **PRIME** importance. *Nutrition is important for all children, but it is especially important with children that have an ADHD diagnosis.* Focus on Fruits, Vegetables, Whole Grains, **BEANS** and Nuts and Seeds. All of these foods are rich in fiber and antioxidants which are of great benefit to these children. Do not neglect beans and nuts/seeds. Eliminate artificial food dyes, added sugars, artificial sugars, and dairy. Dairy can be very stimulating to the brain and many children have dairy sensitivities or intolerances. Some children with ADHD may also be sensitive to gluten. Consider a 30 day elimination of gluten (wheat, barley, rye) to see if this helps symptoms. For children who are on stimulants and have appetite suppression, ensure that they eat breakfast *before* their medication in the morning and be open to allowing them to eat dinner later than usual to allow for hunger to return after the medication has worn off.

2. **Sleep:** Minimum 9-10 hours of sleep per night. Regular, consistent bedtime routine.

It is important that kids with ADHD get adequate and restful sleep. Ensure a regular sleep routine and good sleep hygiene. Bedtime and wake times should be kept consistent 7 days per week (+/- 1 hour). If your child is having trouble falling asleep, you can try melatonin starting at 1 mg (and up to 5 mg) 30 minutes before bed every night. If they are still having trouble, please talk to me.

3. **Physical Activity:** Minimum 60 minutes of moderate activity per day

These children require a moderate amount of physical activity. I recommend at least 60 minutes per day, but even short bursts of activity throughout the day are great to get the brain fueled and ready to focus. Consider allowing or encouraging participation in individual or team sports.

4. **Supplementation:**

- **Multivitamin:** Containing Vitamin D (600+ IU) and B12 per day
- **Vegan Omega 3:** DHA & EPA 150+ mg per day
- **Probiotics:** Minimum 5 strains and 1 Billion CFU's per day

## PRODUCTS I LIKE:

Multivitamin

- **Dr. Fuhrman's Daily Multivitamin** — Pixie Vites, Men's or Women's ([drfuhrman.com](http://drfuhrman.com))
- **Complement or Complement Plus** — ([alpineorganics.com](http://alpineorganics.com))

Vegan Omega 3

- **Dr. Fuhrman's Omega 3** — DHA/EPA Purity ([drfuhrman.com](http://drfuhrman.com))
- **Omegazen** — ([amazon.com](http://amazon.com))

Probiotics

- **Renew Life Ultimate Flora Kids Probiotic 3 Billion**, Chewable Tablets
- **Humarian Probonix**, Liquid Probiotics

## 5. Behavioral Therapy

Most children will benefit from behavioral therapy along with medications and other interventions. Find a therapist that you trust and can develop a good rapport with your child. I really like the following therapists. If they are unable to take new clients you can ask them who else they would recommend:

**Renee Slaven**, Cognitive Behavioral Therapy

402 E Yakima Ave  
Suite 1090D  
Yakima, WA 98901  
(509) 823-4130

**Malissa Durbin**, Wellness Counseling and Educational Evaluations

411 S 12th Ave  
Yakima, WA 98902  
(509) 895-5627