



Holistic Approaches to ADHD Interventions

Understanding Holistic Interventions:

Holistic interventions for ADHD encompass a range of strategies that address cognitive, motor, and social-emotional skills. These approaches aim to provide comprehensive support, catering to the multifaceted nature of ADHD.

Cognitive Strategies:

Working Memory Training: Activities like memory games and puzzles.

Attention-Enhancing Techniques: Mindfulness exercises and concentration drills.

Motor Skill Development:

Coordination Activities: Sports, dance, or martial arts.

Fine Motor Skills: Crafts, writing exercises, and building models.

Social-Emotional Skills:

Emotional Regulation: Mindfulness, yoga, and deep breathing exercises.

Social Skills Training: Role-playing, group activities, and social stories. *And Parental Friendship Coaching (PFC).*

Integrating Approaches:

Routine-Based Integration: Incorporate activities into daily routines.

Collaborative Planning: Work with teachers, therapists, and family members.

Customization: Tailor strategies to fit individual needs and preferences.

The Benefits:

Comprehensive Support: Addresses various aspects of ADHD.

Enhanced Coping Skills: Builds resilience (in both children and parents) and self-management capabilities.

Improved Overall Functioning: Leads to better academic, social, and personal outcomes.