



HOW TO SET HEALTHY BOUNDARIES FOR CHILDREN WITH ADHD



TOGETHER

Many i-paidi friends often ask how they can effectively set limits for their children. It's a common concern among parents who want to raise their little ones with care and confidence. Setting boundaries early on is essential, as it decisively shapes children's behavior and emotional development. This is especially true for children with neurodevelopmental differences such as ADHD. As Peg Dawson, Ed.D. (2021) notes, boundaries are not simply helpful — for children with ADHD, they can be a way of survival. Without clear limits, these children may appear less mature in certain areas and struggle with self-regulation.

Practical Dialogue Techniques for Setting Boundaries i-paidi suggests the following approaches:

- 1. The Silence Technique:** “Shouting right now won't solve anything. Please stay in your room for five minutes, and when you feel calm, we can talk.”
- 2. Consistency:** Parents and child agree in advance — for example, during a calm Sunday lunch — on the positive result of responsible behavior and the consequence of not making an effort.

3. Positive Agreements: “As soon as you pick up the toys from the floor, you can play with the castle.”

This frames expectations positively and links responsibility to privilege.

4. Rewards: “When you finish your homework, you can play your favorite video game for half an hour.”



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Why Are Boundaries Important?

Boundaries create a sense of safety and security in children’s upbringing, even if they are challenging for parents to implement. At first, children — particularly those with ADHD — may resist them. Explanation, modelling, and repetition are key. Over time, as children begin to experience the benefits, many boundaries become internalized and accepted.

How Can Parents Set Effective Boundaries?

- **Work as a Team:** Parents should discuss and agree on household rules together, presenting a united and consistent approach.
- **Adapt to Developmental Stage:** Rules should match the child’s age and developmental level. Young children are more spontaneous and emotionally driven because their logical thinking is still developing. Expectations should be realistic — neither overly strict nor excessive.
- **Prepare Children for the Wider World:** When children learn to respect boundaries at home, they are better prepared to follow rules at school, in friendships, and in society. Living within clear limits fosters maturity, reduces impulsivity, and strengthens self-confidence.

In Conclusion

Boundaries help build a healthy structure for impulsive children, particularly those with ADHD. Physical activities such as traditional dance or martial arts can also positively channel energy and improve self-discipline. Consulting ADHD specialists can provide personalized guidance for each child and family, and parental support teams can make a difference.



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