

How to Help Children With Attention Deficit Disorder Without Using Drugs

Children being diagnosed with attention deficits has reached epidemic proportions. Some experts in the field recommend changing your child's diet and making some lifestyle changes before trying a drug that can help, but not cure the problem.

Things You'll Need:

- Nutritional Multivitamins Supplements
 - Prenatal Vitamins
 - School Supplies
1. Get prenatal care. Many studies indicate that the mother's lifestyle while carrying her child can lead to developmental deficits and delays. Don't smoke or drink alcohol when pregnant. Go for regular prenatal checkups and take your prenatal vitamins.
 2. Change your child's diet. Some experts believe children suffering from attention deficits lack essential fatty acids and complex B vitamins in their diet. Other studies indicate food allergies as the primary source of attention problems. Consult a doctor or nutritionist for the best diet scenario for your child.
 3. Structure your child's day. Create and stick to a daily and nightly routine. Take the time to plan and integrate all aspects of your day into the routine from breakfast and bed time to homework and play time. Setting clear expectations for your child will help him or her prepare for transitions throughout the day with some sense of predictability.
 4. Create a [school](#) routine for your child. Work closely your child's teacher to create a calendar and a daily log. Go over events with your child every evening and every morning so he or she will know exactly what to expect from the day.
 5. Set up behavior modification plans with your child's teacher where certain behaviors are rewarded or discouraged both at home and at school.
 6. Create school and homework logs to help your child keep track of work and projects that need to be done and review it daily.

7. Push for individualized class help. If your child has been diagnosed by the school district as having an attention deficit, then the school is responsible for providing every opportunity for your child to succeed academically in the least restrictive environment. If your child stays in a regular class, push the school to provide an aid for the class or specifically for your child. Make sure the teacher is qualified to meet your child's needs. If your child is placed in a special [education](#) class, make sure the student-teacher ratio is conducive to your child's learning needs.