



## ARTICLE

# How to handle a Hyperactive Kid

**Managing hyperactive kids can be a tough task. Here are some tips to help you with it**

**3 mins read**

If you've got a problem-child at home who can't seem to sit still or listen mindfully, then that may be a sign of hyperactivity. It gets even worse if you hear complaints from the teachers of your child's recklessness and lack of care both inside and outside the classroom. They are always blessed with abundant energy, because of which they are always active. Being active is in fact, a state of good health and is normal for their age.

### **How to know if you have a hyperactive child?**

Hyperactivity in children is characterized by reckless behaviour and too much activity that stems from receiving a lack of sufficient attention. Such kids are prone to never get tired, can't focus or have short attention spans in general. Hyperactivity in children results in poor academic performance, lack of socialization and in severe cases even complete withdrawal from participating in group activities, which in turn can lead to depression, frustration, and poor self-esteem.



### **Here are some tricks and tips on how to manage hyperactive child-**

- **Take him/her for a walk** – Walking rejuvenates both mind and body and also enhances their focus. This would not only loosen his/her mind but also help him enjoy the scenery as he/she walks



- **Try and calm your child down** – Changing your [child's behaviour](#) in a day or two is next to impossible. You can tell your child to sit still for 5 minutes and then gradually increase the time. Incentivizing them for this can help increase their interest in the activity.
- **Play Games** – Playing indoor and outdoor games with children may help a lot too. Try chess, ludo, chinese checkers and UNO with them. If they're feeling a bit adventurous, then take them outdoors to play games like table tennis, badminton, soccer, and cricket.
- **Change Diet** – Give them [fresh home cooked](#) meals that are free of preservatives and artificial flavours. Eating clean goes a long way towards improving mood, lifestyle, and overall physical and mental wellbeing.
- **Never Neglect** – Don't leave your kids all alone every day. Be involved with their schoolwork, daily activities and give them some of your attention which they so crave. Hyperactivity stems from receiving a lack of attention. By showing appreciation in moments when you catch them doing something good or productive, they calm down and are reassured of their efforts.
- **Set up a daily routine** – Setting up a routine for your child is really important and this will help them be disciplined and they would get accustomed to this behaviour. This will help reduce anxiety and restlessness.