

HYPERACTIVE KID



TOOLKIT

www.raisingkidswithpurpose.com



Hyperactivity SIGNS & SIGNALS

Instructions: Use this checklist to assess your child's behavior. Check off the behaviors you have noticed in your child, and use this information to help guide your next steps.

Hyperactive Behaviors

- Inability to focus on schoolwork, chores or other tasks for extended periods of time
- Difficulty sitting still, frequently fidgeting or constantly moving
- Heightened startle response (reacts strongly to noises)
- Trouble transitioning between activities or routines
- Impulsive behaviors (interrupting others, acting without thinking)
- Emotional outbursts or irritability when routines are disrupted
- Appears "clumsy" bumping into things, falling down a lot
- Struggles with sleep (difficulty falling asleep or staying asleep)

Toddler Hyperactivity

These are specific behaviors you may notice in your toddler now, or recall from when your child was a toddler.

- Can't sit still for meals or playtime
- Difficulty focusing on toys or activities for more than a few minutes
- Frequent tantrums or emotional outbursts
- Struggling to stay calm or relaxed during "quiet" time
- Difficulty following simple instructions or transitions
- Constantly jumping, climbing, slamming body into things



Reflection: Based on your responses, what are the top three behaviors that stand out the most?

Parenting Strategies

to Reduce Hyperactivity

Establish Routines & Boundaries

Brain Dump! Write down what you and your family would like your daily routines to look like.



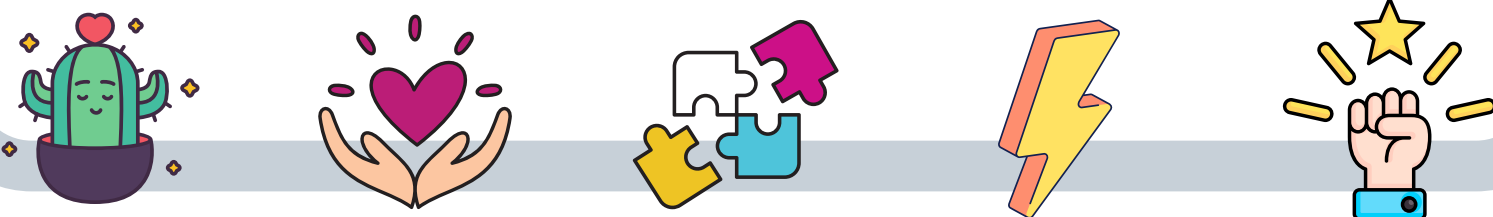
Calming Space

Where in your house can you create a "clam down" space. What do you want in this space?



Use Strength-Based Praise

- "You've shown {strength} by {action} ."
- "You did it!"
- "How did you {the behavior you want to see repeated} ?"
- "How do you feel about {what they are showing you} ?"
- "You were {strength or trait} when you {behavior} ."
- "All that time doing {effort or skill} really shows!"
- "You must be so proud of yourself!"
- "That's what you call {strength} !"
- "The time you're putting into {activity} is really paying off."
- "Can you teach me how you did that?"



Affirmations & Mantras



>>> Parent Reflection <<<

Traditional parenting advice does not typically help when a child is hyperactive and has bigger feelings than other kids. You want to strike a balance between **structure** and **warmth**. Set clear expectations and boundaries while also being **responsive, nurturing, and emotionally supportive**. This will help your child feel secure and understood, making it easier for them to manage their energy and emotions.

How consistent are your rules and routines?

very somewhat not at all

What changes could you make to be more consistent?

Do you give your child opportunities to make choices? yes sometimes rarely

How can your child make their own decisions?

How often do you show warmth and support when your child is struggling? always sometimes rarely

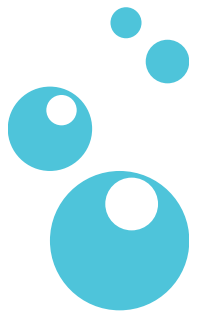
How can you offer support during difficult moments?

How do you respond when your child shows positive behaviors? What strengths can you focus on?

Calm Down TOOLKIT

Instructions: Teach your child these tools when they are calm. Use this toolkit to help the child find a calming activity during a meltdown or tantrum. This takes time and practice!

Breathe



Blow Bubbles



Blow Out the Candles



Volcano Breaths

Creativity



Mad Box



Draw Your Feelings



Sing a Song

Write Lyrics



Play with Paint or Slime

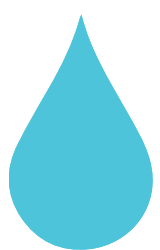
Physical Activity



Run, Jump, Move!



Tear Paper



Splash Water



Freeze an Object



Shake Hands or Body

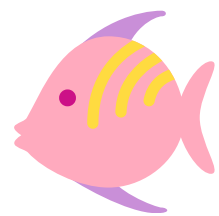


Flip Upside Down

Brain Distraction



Tell Jokes / Laugh



Watch the Fish



Glitter Jar

1 2 3
4 5 6

Count

I AM CONFIDENT & CAPABLE