

Safety for Children with ADHD



True Story

A 17-year-old boy was diagnosed at age 3 with Attention Deficit Hyperactivity Disorder (ADHD). He has had 32 trauma-related visits to clinics and hospitals as a result of his poor impulse control. The most recent incident was a motor vehicle crash involving his friends.

-From Mercy Medical Center – Des Moines

The Facts

- Children with Attention Deficit Hyperactivity Disorder (ADHD) get hurt more often than children who don't have ADHD.
- Children with ADHD are more likely (than children not having ADHD) to have been admitted to a hospital for inpatient, outpatient or emergency care.
- In one study, medical bills for injuries sustained by children with ADHD totaled \$4,306 compared to \$1,944 for children without ADHD during the same time frame.

What You Can Do

- Make sure children are adequately supervised. Appropriate supervision is critical for children with ADHD, whose lack of impulse control makes them more prone to taking risks.
- Use visual reminders. Warning stickers from poison prevention centers prevent many tragedies. For older children with ADHD, use stickers with phrases like "Don't Touch!" and "Off Limits!". Put them on power tools, the attic door, the stove or any other potential source of injury.
- Make rules specific and clear. Give detailed instructions like, "Before crossing the street look left, then right, then left again. When there are not cars, cross the street and keep looking until you reach the other side."
- Role-play and rehearse. Develop and role-play risky scenarios such as, "What do you do when the ball rolls into the street?"

Source: Safe Kids USA



Led By

**BLANK CHILDREN'S
HOSPITAL**
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Safe Kids Greater Des Moines, led by Blank Children's Hospital, is a grassroots organization dedicated to preventing unintentional injury in children ages 0-14.

For more information call (515) 241-6293 or visit www.dsmsafekids.org.

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