



# Ask the Expert Webinar Chat Series

Presented by the  
National Resource Center on ADHD

# Ask the Expert Special :

## Holiday Gifts for Children with ADHD



Megan Murphy, MEd, DT

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# Ask the Expert Special : Holiday Gifts for Children with ADHD



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# Hints for Holiday Shopping with Children with ADHD

- ▶ 1. Shop with the children's interests in mind. If an activity relates to a child's interests, the child will be more motivated to engage in the activity, even if it presents a challenge. For example, one can often find puzzles, books, action figures and even games with beloved children's characters incorporated.
- ▶ 2. Look for materials with fewer background distractions. For example, look for books with simple illustrations, puzzles with simple backgrounds or a plain wooden dollhouse in favor of one with the walls decorated.



# Hints for Holiday Shopping with Children with ADHD

- ▶ 3. Seek out toys and games that help children improve their executive function skills. We know that children with ADHD often struggles with these kinds of skills. Play provides a low stakes, fail free environment in which children can work to fine tune their skills.
- ▶ Toys like Lego kits, marble runs, Goldie Blox, and games like Scattergories, Headbandz, Pictionary, rush hour and word pirates all encourage kids to organize, plan and act.



# Hints for Holiday Shopping with Children with ADHD

- ▶ 4. Don't forget about active toys and games! Games like Charades for kids incorporate movement into game play. Tunnels, small trampolines and stepping stones are all fun activities that can be done indoors during the winter months. You can even combine these materials to make an obstacle course.



# Hints for Holiday Shopping with Children with ADHD

- ▶ 5. Consider giving experiences as a gift and include your child in the planning. For example you're your child loves dinosaurs, give tickets for museum admission and work with the child to plan the details of your trip. What are the hours? Do you need to pack a lunch? Which exhibits should we see first? You can use lists and graphic organizers as tools.





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# This is a presentation of the



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