

EDUCATION Practice calmness, patience, composure and consistency, paying special attention to the following:

1. Avoid being reproachful – you will achieve more with determination and humour.
2. Exert less pressure to perform since this generally results in better performance.
3. Provide periods of relaxation during work and learning exercises.
4. Set clear boundaries and give straightforward instructions to avoid conflict.
5. Honour mutual agreements.
6. Encourage the child's sense of self-responsibility and self-control since constantly telling your child what to do generates resistance.
7. Offer mutual respect, which is the best way to achieve constant improvement.
8. Praise your child and acknowledge what they do.
9. Provide a good example with positive behaviour.

IN SCHOOL

10. Put the child on his own in one of the front rows, away from the window, to avoid unnecessary distraction.
11. If the urge to exercise is too great, let the child run round the playground a few times.
12. Offer a time-out in the event of overstimulation: the child should be able to withdraw to a calm, cool room until they have calmed down.
13. Use a system of rewards, such as smiley stickers (more effective than penalty points, yellow/red cards etc.).

NUTRITION Avoid foods that cause the child to react with increased restlessness and irritability. This is often caused by things that the child particularly craves, especially sugar and sweet things. Make sure they drink plenty of water.

SPORT If there is a strong need for exercise, this can be channelled into suitable types of sport. Asian martial arts are especially good for developing the child's self-control and reducing aggression. You should, however, avoid exaggerated sporting ambition since this can lead to excessive demands.