

## HELPING ADHD CHILDREN DISCOVER THEIR INTEREST AND TALENTS

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### ABSTRACT

Children with Attention Deficit Hyperactivity Disorder (ADHD) is a developmental disorder characterized by difficulty maintaining focus, impulsivity and hyperactivity. Children with Attention Deficit Hyperactivity Disorder (ADHD) often face challenges in developing their interests and talents. This article aims to present strategies for developing the interests and talents of ADHD children. ADHD is a common condition among children and often poses challenges in learning and socialization. However, with the right approach, ADHD children can optimally develop their interests and talents. The study revealed several key strategies, such as creating a conducive environment, engaging children in interesting activities, providing positive reinforcement, and collaborating with professionals. The findings provide valuable insights for parents and educators in facilitating the optimal development of ADHD children's interests and talents.

**Keywords: ADHD, Interest and Talent, Development, Education**

### INTRODUCTION

Attention Deficit Hyperactivity Disorder (ADHD) is a developmental disorder characterized by inattention, hyperactivity and impulsivity (American Psychiatric Association, 2013). Although children with ADHD often face challenges in academic and social areas, they also have potential and talents that need to be developed. Developing interests and talents in ADHD children can provide a positive outlet for their energy, boost confidence, and encourage future success (Parker, 2018).

Children with ADHD often have difficulties in maintaining attention, controlling impulsive behavior, and feel highly hyperactive. In a school setting, ADHD symptoms can hinder a child's learning ability, social interaction, and academic achievement.

In some cases, children with ADHD are often labeled as "difficult" or "systemic". However, it is important to remember that these children also have potential and talents that need to be recognized and developed. Interest and talent development in ADHD children can be an effective solution to help them express themselves, find their passion, and optimize their potential.

However, the process of developing interests and talents in ADHD children is not always easy. They often have difficulties in maintaining attention, following instructions, and managing their behavior (Barkley, 2015). Therefore, effective strategies tailored to the specific needs of ADHD children are needed to facilitate the development of their interests and talents.

Understanding the characteristics of ADHD is a crucial first step in helping children with this disorder. Each individual with ADHD has a unique profile, and it is important for parents, educators and health practitioners to understand their needs, fears and expectations. With a deep understanding of the characteristics of ADHD, we can create a supportive, caring and inclusive learning environment for children with the disorder.

According to Russell A. Barkley (2015), the main characteristics of children with ADHD include:

1. Difficulty maintaining attention and concentration, Children with ADHD are often easily distracted and lose focus, especially on tasks that require sustained attention.
2. Motor hyperactivity, They tend to show excessive activity, restlessness, and find it difficult to sit still for long periods of time.
3. Impulsivity, ADHD children often act without thinking first, interrupt others, and have difficulty waiting their turn.
4. Lack of self-regulation, They tend to have difficulty in regulating their own behavior, emotions, and actions according to the situation and social norms.
5. Difficulty following instructions, Children with ADHD often have difficulty understanding and following complex or multi-step instructions.
6. Easily distracted, External distractions such as sound, movement, or visual stimulus can easily take their attention away from the task at hand.
7. Forgetful, ADHD children tend to forget daily activities, appointments, or where they put things.

Barkley emphasizes that these characteristics may vary in severity and manifestation from one child to another, and may change as the child ages and develops.

### Causes and Symptoms

ADHD is caused by a disorder of the nerves in the brain involved inattention, impulsivity, and motor activity. People with ADHD have difficulty concentrating for long periods of time, have difficulty controlling the urge to do things without thinking about the consequences, and are often more active than normal people.

According to Russell A. Barkley (2015), the main causes and symptoms of children with ADHD are as follows:

#### Causes of ADHD:

1. Genetic and Neurobiological Factors. Barkley states that ADHD has a strong genetic component. There is evidence from research showing that children with ADHD have differences in brain structure and function, especially in areas involved in self-regulation, attention control, and executive function.
2. Environmental Factors, While genetics play an important role, environmental factors can also contribute to the development of ADHD. Exposure to toxins, pregnancy or birth complications, and unresponsive parenting can increase the risk of ADHD.

This disorder can occur at any age, from children to adults. ADHD symptoms can range from mild to severe and usually appear by the age of 12. The most common symptoms of ADHD in children are:

1. Lack of attention:
  - Often fail to pay attention to details or make careless mistakes in schoolwork, work or other activities. Often has difficulty in maintaining attention on tasks or play activities.
  - Often does not listen well when spoken to directly.

- Often does not follow instructions and fails to complete schoolwork, work or other obligations.

## 2. Hyperactive Behavior

- Often fidgets by moving hands or feet, or twitching in the chair.
- Often leave the seat in situations where it is expected to remain seated.
- Often runs or climbs excessively in inappropriate situations.
- Often has difficulty playing or engaging in leisure activities calmly.

## 3. Impulsive Behavior

- Often answer questions in a hurry before the question is finished.
- Often have difficulty waiting their turn.
- Often interrupts or interrupts others.

Positive support and acceptance from their surroundings are key in helping ADHD children build confidence, motivate themselves, and express their interests and talents. Children with ADHD often feel isolated or underappreciated due to their inability to adjust to environmental demands. Through positive support from family, teachers, peers and the school environment, ADHD children can feel supported and accepted for who they are.

The importance of providing individualized support based on the specific needs of ADHD children should not be overlooked. Each child with ADHD has different tendencies, interests and talents. Therefore, it is important for educators and parents to design development programs that are tailored to these individual needs. The one-size-fits-all concept does not apply in the context of interest and talent development in ADHD children.

ADHD (Attention-Deficit / Hyperactivity Disorder) has a significant impact on children, not only in the academic context, but also in social, emotional, and physical aspects. Here are some of the impacts that often occur in children with ADHD:

- **Concentration and Attention Disorders:** Children with ADHD often have difficulty in maintaining attention or focus on assigned tasks. They tend to be easily distracted by external or internal stimuli, hindering learning and academic achievement.
- **Impulsivity:** Children with ADHD usually have high levels of impulsivity, which makes it difficult for them to control their behavior or reactions to certain situations. This can have a negative impact on social interactions, self-care, and task completion.
- **Hyperactivity:** Symptoms of hyperactivity in children with ADHD are reflected in high levels of physical activity and difficulty remaining calm or still in situations that require concentration. This hyperactivity can affect the child's ability to follow rules, interact with the environment, and complete tasks properly.
- **Challenges in Learning Ability:** Limitations in concentration, impulsivity, and hyperactivity can hinder the learning ability of children with ADHD. They may have difficulty absorbing information, remembering learned material, or applying knowledge in academic tasks.
- **Emotional Disorders and Mental Wellbeing:** Children with ADHD tend to be prone to emotional disturbances, such as anxiety, depression, or low self-esteem. Challenges in coping with their emotional turmoil can have an impact on the child's mental well-being and daily life.

- **Difficult Social Interaction:** Impulsivity and hyperactivity can affect a child with ADHD's ability to interact socially. They may struggle with maintaining interpersonal relationships, understanding social norms, or controlling themselves in certain social situations.
- **Challenges in Talent and Potential Development:** ADHD can also affect the development of children's talents and potential. Difficulties in concentration or managing impulses can hinder the exploration of children's interests and talents, limiting their opportunities to optimize their potential.
- **Difficulties in Daily Living:** Children with ADHD may have difficulty maintaining daily living arrangements, such as maintaining personal hygiene, assisting with household tasks, or managing time effectively. This can provide additional challenges in their daily life.
- **Emotion Control Challenges:** ADHD disorder can also affect a child's ability to manage their emotions. They may be prone to emotional outbursts, impulsive reactions, or difficulty in controlling feelings of anger or frustration.
- **Impact on Academic Performance:** Concentration challenges, impulsivity, and hyperactivity can negatively affect the academic achievement of children with ADHD. They may have difficulty understanding lessons, completing assignments, or following study rules.

Customized learning methods are key in ensuring the successful development of interests and talents in ADHD children. Children with ADHD often need a more creative, engaging approach that will stimulate their interest and motivation. Interest-centered learning, assigning tasks that are relevant to their interests, and the concept of learning through play can be effective strategies in unlocking the potential of ADHD children.

This scientific article aims to help parents and teachers understand how to develop interests and talents in ADHD children. From a deep understanding of the characteristics of ADHD to the application of innovative learning methods, this discussion is expected to provide useful guidance for all parties involved in assisting ADHD children towards their optimal development. This article will discuss several strategies that can be applied, from recognizing children's interests and talents, providing a supportive environment, to encouraging children's participation in various activities.

## RESEARCH METHODS

This article uses the literature study method, where the author reviews literature from various scientific sources related to ADHD, interests and talents, and development strategies. The information obtained is then analyzed to understand the relationship between ADHD conditions and the development of children's interests and talents.

## RESULTS AND DISCUSSION

### Discussion

Developing interests and talents in ADHD children is a complex process and requires a variety of approaches. In this chapter, we will elaborate on effective strategies and methods to help ADHD children explore their potential and develop their interests and talents.

Before discussing strategies for developing interests and talents in ADHD children, a deep understanding of the characteristics of this disorder is crucial. ADHD is not merely a behavioral problem or lack of discipline, but a neurodevelopmental disorder that affects brain function and behavior. Children with ADHD often have difficulties in regulating attention, controlling impulses, and managing their emotions effectively.

In the context of developing talents and interests, understanding the dynamics of behavior change in children with ADHD is important. These children may have varied interests, but they tend to focus on things that

attract their attention instantly. For example, a child with ADHD may have a high interest in artwork that is visual and dynamic.

In order to develop the interests and talents of ADHD children, a holistic approach needs to be adopted. One model that is often used is the "3P" model: Knowledge, Experience, and Placement.

- Knowledge

Knowledge of ADHD characteristics, how to interact with ADHD children, and effective coping strategies are the main foundations in developing children's interests and talents. With a better understanding, we can design a program that suits the needs and potential of the child.

- Experience

Providing hands-on experience in ADHD children's areas of interest is an important second step. Through exploration, experimentation, and activities relevant to their interests, ADHD children can expand their horizons and skills.

- Placement

Proper placement in a supportive and interest-oriented learning environment is the final step in this model. By placing children in a positive and supportive environment, they will feel motivated to develop their interests and talents.

Every ADHD child is unique and has different needs. Therefore, the use of customized learning methods is key in the process of developing interests and talents. Some methods that can be applied include:

- Project Based Learning

Involving children in creative and interesting projects can help them develop their interests and talents effectively. For example, a collage art project involving various techniques and media can be a means to explore a child's imagination.

- Collaborative Learning

Collaboration with peers or study groups can also be an effective method in helping ADHD children develop interests and talents. By working together, children can learn from the experiences of others and hone their social skills.

- Interest Centered Learning

Facilitating children to explore their own interests and linking them to learning can be highly motivating. For example, a child who is interested in music can be encouraged to learn through the type of learning that actively involves music.

Based on the data analysis, some effective strategies in developing interests and talents in ADHD children have been identified, including:

1. Recognizing the Interests and Talents of ADHD Children, the first step in developing the interests and talents of ADHD children is to introduce them first. Parents and teachers can observe what activities children like, what makes them excited and motivated. Also, pay attention to the things that children do easily and naturally, because it can be an indicator of their talent. Some ways to recognize the interests and talents of ADHD children:

- Observe your child's activities: Pay attention to what children do in their free time, what they talk about enthusiastically, and what they choose to play with.

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- Ask questions: Ask the child about what they like, what they want to learn, and what they want to achieve in the future.
  - Provide opportunities to try different things: Encourage your child to try different activities and hobbies to find what they enjoy.
  - Pay attention to natural talents: Observe whether the child has a natural talent in a particular area, such as music, art, sports or math.
2. **Creating a Conducive Environment.** A calm, organized and distraction-free environment can help ADHD children to concentrate and engage in activities that interest them. Parents and educators need to provide a special space that is comfortable and supportive for the exploration of children's interests and talents (Loe & Feldman, 2007).
  3. **Engage Children in Interesting Activities.** ADHD children tend to have high energy and get bored easily with monotonous activities. Therefore, it is important to engage them in activities that are interesting, varied, and in line with their interests. This can help increase their motivation and engagement in developing their talents (Flouri et al., 2016).
  4. **Providing Positive Reinforcement** Positive reinforcement, such as praise, appreciation, and constructive feedback, can help boost ADHD children's confidence and motivation in developing their interests and talents. This approach can also encourage positive behavior and help overcome the behavioral challenges that ADHD children often experience (DuPaul & Stoner, 2014).

The role of parents and teachers in developing the interests and talents of ADHD children is very important. They should provide positive support, motivation and appropriate guidance. Parents need to encourage children to explore their interests without restrictions, while teachers need to create an inclusive and challenging learning environment.

The support provided by parents and teachers should not only focus on academic achievement, but also on the development of social, emotional, and creative skills. ADHD children need praise, encouragement, and opportunities to grow and develop according to their potential.

5. **Collaborate with Professionals** In some cases, parents and educators may need help from professionals such as therapists, counselors, or behaviorists for specific strategies and guidance in supporting the development of ADHD children's interests and talents. Collaboration with these professionals can help identify and address the challenges the child faces, as well as provide the necessary resources and support (Monastra, 2008).
6. **Encourage Participation in Activities.** It is important to encourage your ADHD child to participate in activities that match their interests and talents. This can help them develop new skills, build confidence, and socialize with others.

Extracurricular activities such as art, music, sports or theater can be an ideal platform for ADHD children to express their interests and talents. Through these activities, children can discover previously undiscovered potential, expand their horizons, and build self-confidence.

It is important to note that the selection of extracurricular activities should be tailored to the child's interests and abilities. Giving children the opportunity to try different types of activities will help them find their passion, and in turn develop their potential in the field they love.

Some activities that ADHD children can participate in:

- **Sports:** Sports can help children improve focus, coordination and self-discipline.

- Art: Art can help children express themselves, enhance creativity and develop fine motor skills.
  - Music: Music can help children improve concentration, memory and cognitive skills.
  - Extracurricular activities: Extracurricular activities can help children learn about new things, meet new people and develop leadership skills.
7. Challenges and Coping Strategies. Developing interests and talents in ADHD children certainly has its challenges. Here are some challenges you may face and strategies to overcome them:
- Difficulty focusing: ADHD children may struggle to focus on one activity for long periods of time. Use strategies such as breaking tasks into small steps, providing frequent breaks, and providing a quiet environment for learning.
  - Hyperactivity: ADHD children may find it difficult to sit still and follow rules. Use strategies such as providing fidget toys, implementing a reward system, and providing enough physical activity.
  - Impulsivity: ADHD children may act impulsively without thinking about the consequences. Use strategies such as teaching the child to think before acting, providing clear choices, and implementing logical consequences.

Attention deficit and hyperactivity disorder (ADHD) is a neurobehavioral problem that affects children's behavior patterns and concentration. According to experts, there are several strategies and approaches that are effective in dealing with ADHD in children. Here are some ways suggested by experts to manage ADHD symptoms:

1. Cognitive Behavioral Therapy (CBT)

Cognitive behavioral therapy (CBT) is one of the effective approaches in treating ADHD. Through CBT, children are taught to identify negative thought patterns and behaviors, and are trained in emotion management, impulsivity, and concentration. CBT also helps children understand the outcomes of their behaviors and how to better respond to them.

2. Environmental Management Approach

Experts recommend creating a supportive environment for children with ADHD. This includes creating structured routines, providing clear guidelines, and reducing environmental distractions that can interfere with a child's focus. By applying consistency in the daily environment, children can more easily manage ADHD symptoms and improve concentration skills.

3. Adjustment to Children's Needs

Each child with ADHD has unique needs. Experts recommend making adjustments in teaching approaches, household rules, and the support provided according to the child's individual needs. By understanding the child's characteristics and preferences, parents and teachers can provide more effective support and adjust the strategies used to cope with ADHD.

4. Self-regulation Skills Training

Self-regulation skills training can help children with ADHD manage emotions, impulsivity and concentration. By learning timing, self-control, and task management strategies, children can improve their ability to organize themselves more effectively.

5. Family Therapy

Family therapy is also considered important in treating ADHD in children. Through family therapy, parents can learn how to support their child, communicate more effectively, and create a stable and positive

environment at home. Family therapy can also help address communication problems, conflicts, and emotional baggage that may occur within the family.

#### 6. Pharmacological Treatment

In some cases, pharmacological treatment may be required to manage severe ADHD symptoms. Stimulant medications are often prescribed by doctors to help control ADHD symptoms, such as hyperactivity and impulsivity. It is important to consult with your doctor or healthcare professional before using medications, as well as monitor any side effects that may arise.

#### 7. Individual Counseling

Individual counseling with a psychologist or counselor experienced in dealing with ADHD can also help the child overcome mental and emotional challenges that may arise. Through counseling, the child can learn strategies to manage stress, increase independence, and build necessary social skills.

#### 8. Positive Reinforcement

Applying positive reinforcement in the management of ADHD can help increase a child's motivation and reinforce desired behaviors. By providing praise, rewards, or prizes for children's efforts and achievements, parents and teachers can help reinforce positive behaviors and motivate children to continue to improve.

By combining various approaches suggested by experts, such as cognitive behavioral therapy, environmental management, adjustments to the child's needs, self-regulation skills training, family therapy, pharmacological treatment, individual counseling, and positive reinforcement, children with ADHD have a greater chance of overcoming their challenges and developing optimally. With the right support and a comprehensive approach, children with ADHD can learn to manage their symptoms, optimize their potential, and achieve success in everyday life.

In the process of developing interests and talents in ADHD children, evaluation and self-correction play an important role. Parents and teachers need to continuously monitor the child's progress, response to the activities, and the supporting and inhibiting factors that may affect the process.

With continuous evaluation, we can identify effective strategies, track the child's progress, and address challenges that may arise over time. Planned and continuous self-correction will help us refine the approaches and methods used in developing the interests and talents of ADHD children.

The development of technology has opened up new opportunities in the development of children's interests and talents, including children with ADHD. Apps and digital platforms specifically designed to facilitate learning and interest exploration can be a valuable resource for these children.

By utilizing the right technology, ADHD children can learn independently, explore their interests more purposefully, and interact with the outside world without being limited by geographical or physical factors. Technology can also be a means to measure a child's progress, motivate them with positive reinforcement, and provide a creative outlet to express their talents.

In developing interests and talents in children with attention deficit and hyperactivity disorder (ADHD), there are several important aspects that need to be further elaborated. In this section, more details will be presented about the strategies, challenges, and potential for developing the interests and talents of ADHD children.

#### 1) Development of Creativity Potential

Children with ADHD often have high levels of creativity but may struggle to express or manage their creativity. Through interest and talent development, children with ADHD have the opportunity to find the right tools to channel their creativity. Learning environments that encourage creative thinking, problem solving and innovation can help ADHD children express their creative potential.



Approaches based on art, drama, music or other creative activities can be an effective tool in guiding ADHD children in expressing their creativity. Support from parents, teachers, and educational practitioners in providing space for children's creative ideas, encouraging innovative problem solving, and valuing children's creative expression will help them develop their artistic talents and creativity.

## 2) Understanding Multiple Intelligences

The theory of multiple intelligences developed by Howard Gardner states that each individual has several different types of intelligence. Understanding the concept of multiple intelligences can be an important foundation in developing the interests and talents of children with ADHD. Through an approach that accommodates various types of intelligence, such as verbal-linguistic, logical-mathematical, musical, spatial, interpersonal, intrapersonal, kinesthetic, or naturalist intelligence, ADHD children can discover their potential and interests according to their unique intelligence.

By exploring and developing the different types of intelligence in ADHD children, not only can their interests and talents be expanded, but also their overall confidence and achievement. Teachers and parents need to see a child with ADHD as an individual with unique potential according to their multiple intelligences. By providing opportunities for children to explore and hone their multiple intelligences, the learning and development of ADHD children's interests and talents will become more holistic.

## 3) Overcoming Challenges and Obstacles

The challenges faced by children with ADHD in developing their interests and talents are many. Some of the obstacles often faced include difficulty in concentration, impulsivity, hyperactivity, lack of motivation, or lack of support from the environment. To overcome these challenges, a holistic and comprehensive approach needs to be applied.

Psychological support, cognitive behavioral therapy, play therapy, or individualized mentoring are methods that can help ADHD children overcome barriers that may arise. Routine habituation, use of reminders, time management, or relaxation techniques can also help manage ADHD symptoms that affect a child's ability to express their interests and talents.

## 4) Improved Social Skills

Children with ADHD also often face challenges in social skills, including problems interacting with peers, regulating emotions, or resolving conflicts. Developing interests and talents in ADHD children can be an effective tool in improving their social skills.

Through collaboration on creative projects, participation in clubs or communities that match their interests, or involvement in extracurricular activities, ADHD children can expand their social networks, learn to work together, and develop positive communication skills. Project-based learning or collaborative learning can also be an opportunity for ADHD children to improve their social skills and develop their interests and talents in a supportive environment.

## 5) Increased Independence and Creativity

Understanding and developing the interests and talents of ADHD children can also provide a positive boost to their independence and creativity. By providing opportunities for children to take initiative, develop personal projects, or explore new interests, children with ADHD can experience increased confidence, success, and achievement.

Through the provision of challenging tasks that match their interests, ADHD children can learn to be independent, overcome obstacles, and feel proud of their achievements. Support from parents, teachers, and educational practitioners in providing positive encouragement, appreciation, and praise for children's efforts and achievements will strengthen the motivation and enthusiasm of ADHD children in developing their interests and talents.

## 6) Aligning with Children's Needs

In order to successfully develop the interests and talents of ADHD children, it is important to always align yourself with the needs, interests, and conditions of the individual child. Each child has his or her own unique characteristics, and an approach that works for one child may not always work for another.

Parents and teachers need to constantly communicate, observe and establish a close relationship with ADHD children. With deep understanding, patience, and genuine concern, they can design appropriate interest and talent development programs, provide necessary support, and guide the child in facing challenges that may arise throughout their development process.

## 7) Holistic Approach

To conclude the discussion on developing interests and talents in ADHD children, a holistic approach to child development is key. Through the integration of various aspects, from understanding ADHD characteristics, implementing development strategies, to managing challenges and obstacles, every step taken should be comprehensive and complementary.

With a holistic approach, ADHD children can grow and develop optimally, gaining confidence, independence, and achievement in accordance with their potential and interests. Appropriate role sharing between parents, teachers, and educational practitioners, as well as harmonious cooperation between them will help bridge the gap, compensate for needs, and optimize the development of ADHD children in developing their interests and talents.

## RESULTS

The first finding of this article relates to the importance of a deep understanding of the characteristics of ADHD in the context of developing children's interests and talents. ADHD is not merely a behavioral or attention deficit problem, but a neurodevelopmental disorder that affects various aspects of brain function and behavior.

Studies have shown that children with ADHD tend to have difficulty focusing attention, controlling impulsive behavior, and feeling hyperactive. Genetic, environmental and neurological factors also play a role in the appearance of ADHD symptoms in children. Therefore, an in-depth understanding of the disorder is a crucial first step in assisting ADHD children in developing their interests and talents.

Literature shows that developing the interests and talents of ADHD children has a significant positive impact on their development. Through activities relevant to their interests and talents, ADHD children can express themselves, enhance their creativity and develop new skills. Extracurricular activities, extra courses, or art programs can be an effective platform to explore the potential of ADHD children.

The results also show that children with ADHD who engage in interest and talent activities have higher levels of self-confidence, positive self-perception, and improved social skills. By paying attention to children's interests and talents, parents, teachers and educational practitioners can help children with ADHD discover their full potential and grow into holistically developed individuals.

In developing interests and talents in ADHD children, a holistic approach such as the "3P" model (Knowledge, Experience, Placement) has proven effective. The knowledge given to the child about different areas of interest, hands-on experience in.

## CONCLUSIONS

Through research and case studies, it has been proven that developing the interests and talents of ADHD children can improve their self-confidence, problem-solving skills, and independence. Extracurricular activities,

such as art, sports, music, or even science, can be an effective tool in helping ADHD children explore their potential and talents.

In this discussion, we have outlined various strategies and methods that can be applied in developing interests and talents in children with ADHD. From an in-depth understanding of the characteristics of ADHD, a model approach to developing interests and talents, to implementing extracurricular activities and utilizing technology, all of these aspects can contribute to helping ADHD children find their passion, optimize their potential, and grow into independent and accomplished individuals. With support from parents, teachers, and an inclusive environment, ADHD children can overcome their challenges with more confidence and optimism for the future.

The findings of this study reveal that effective strategies in developing interests and talents in ADHD children involve a combination of creating a conducive environment, engaging children in engaging activities, providing positive reinforcement, and collaborating with professionals. These strategies can help ADHD children to optimally explore their potential, increase self-confidence, and achieve success in their areas of interest.

Developing interests and talents in ADHD children requires a holistic approach that is tailored to their specific needs. By implementing effective strategies such as creating a conducive environment, engaging children in engaging activities, providing positive reinforcement, and collaborating with professionals, parents and educators can facilitate the optimal development of ADHD children's interests and talents. Further research is still needed to explore the specific strategies that are most effective for each individual ADHD child by considering factors such as age, gender, and severity of symptoms.

## ADVICE

Based on the discussion that has been outlined in the article regarding the development of interests and talents in ADHD children, there are several suggestions that can be made for parents, teachers, and educational practitioners in assisting ADHD children towards their optimal development. 1.

### 1. Education and Deep Understanding

Parents, teachers and educational practitioners need to continue to develop an in-depth understanding of the characteristics of ADHD. This will help them design appropriate strategies, overcome challenges that arise, and respond more effectively to their child's needs. A good understanding of the disorder can also help transform the negative stigma often attached to children with ADHD into positive understanding and support.

### 2. Positive Roles and Ongoing Support

It is important for parents and teachers to provide a positive role and ongoing support for children with ADHD. This role includes providing encouragement, praise and recognition for the child's efforts and achievements, without focusing too much on their shortcomings or mistakes. Consistent and constructive support will help ADHD children feel valued, motivated and confident to continue developing their interests and talents.

### 3. Individual Mentoring

Every ADHD child is unique and has different needs. Therefore, individual assistance and adjustment of interest and talent development programs according to the child's characteristics and interests are key. Parents, teachers and educational practitioners need to have a good understanding of the child's tendencies, strengths and potentials, so that they can design appropriate and relevant approaches.

### 4. Utilize Resources and Technology

Utilizing existing resources and technology can be an effective strategy in supporting the development of ADHD children's interests and talents. Educational apps, digital platforms, or online learning resources can

provide additional tools for ADHD children to explore their interests, deepen their knowledge, and develop new skills independently.

5. Effective Collaboration and Communication

Collaboration between parents, teachers and educational practitioners is key in supporting the development of ADHD children. Effective, open and continuous communication between all parties will help harmonize efforts, exchange information and formulate consistent strategies in assisting ADHD children.

6. Increased Parental Involvement

The role of parents as agents of change and facilitators in developing the interests and talents of ADHD children is very important. Parents need to be actively involved in the mentoring process, support the child in exploring their interests, and maintain a balance between giving autonomy to the child and providing necessary guidance.

7. Make Room for Exploration and Mistakes

Children with ADHD need to be given enough space to explore, try new things, and learn from their mistakes. It's important for parents and teachers to create a safe, supportive and stimulating environment to facilitate their child's learning process.

8. Consistency and Patience

The process of developing interests and talents in ADHD children requires consistency and patience. Not all children will progress at the same pace, and sometimes there will be obstacles and challenges to overcome. Parents and teachers need to have patience, perseverance, and consistency in assisting children with ADHD to reach their full potential.

9. Continuous Learning

Continuous learning is important in developing the interests and talents of ADHD children. Along with the development of technology and knowledge, parents, teachers, and educational practitioners need to continue to develop their skills, explore new methods, and update strategies in assisting children with ADHD.

10. Monitoring and Evaluation

Regular monitoring and evaluation of ADHD children's progress in developing interests and talents is the most important step. By tracking children's progress, identifying areas for improvement, and measuring the impact of their mentoring efforts, parents and teachers can continue to optimize their approach and ensure children's success in developing their interests and talents.

With the implementation of the above suggestions, it is hoped that the development of interests and talents of children with ADHD can be optimized and their potential can be well expressed. Parents, teachers, and educational practitioners have a crucial role in helping ADHD children become independent, confident individuals who develop according to their potential. With cooperation, patience, and dedication, every ADHD child can find their areas of interest and talent, and achieve success according to their abilities.

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