



Kiddo have ADHD? Let's talk strategy!

Welcome to the world of ADHD parenting! It's not easy, but with a solid game plan, you can help your child navigate challenges and thrive.



WHAT IS ADHD?

If your child has **ADHD (Attention-Deficit/Hyperactivity Disorder)**, you might notice that everyday tasks like focusing on schoolwork, remembering chores, or keeping their room tidy can feel more challenging for them. It's not that they aren't trying—their brain just processes things differently, making it harder to focus and stay organized.

By providing structure, understanding, and support, you can help your child develop skills to manage their symptoms and thrive.

The Game Plan: Help Your Child Focus Better!

DAILY ROUTINE

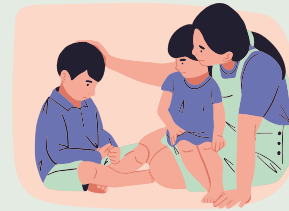
Consistency is key. Children with ADHD do best with structure, so setting up a routine is non-negotiable. Here's what that might look like:



Same sleep time and wake time, every day, including weekends.



Regular time for getting ready, meals, homework, and even electronic time.



Any changes to the schedule? Give your child a heads up beforehand.

It might help to have a *written schedule* posted somewhere visible, like the kitchen or their room. This way, they can always see what's coming next.

SCHOOL STRUGGLES

If school is a battleground for your child, it might be time to step in. Kids with ADHD often need extra support. Here's what you can do:



Advocate for a **504B plan**. This can give your child access to things like fidget toys, motor breaks, or standing desks.



If **learning disabilities** are suspected, consider getting them tested for an IEP. This could unlock further resources to help your child succeed.

Make sure your child's teacher is aware of the diagnosis. Teachers play a crucial role in adapting the classroom environment to help your kiddo thrive.

PARENTING TIPS FOR A CHILD WITH ADHD

HOMEWORK TIME

When it's time to hit the books, ADHD can make focus a challenge. Here's a strategy that works:



Set a daily homework time.



Use a timer: Focus for 10 minutes, then take a short break.



Feed your child a snack before starting—nobody works well on an empty stomach!

If they get overwhelmed, help them break the work down into **bite-sized steps**. It's less daunting that way.

CHORES

Chore charts are your new best friend. For kids with ADHD, verbal instructions are easily forgotten, so having tasks written down is a huge help! Break the tasks into small, manageable steps.

Example: Instead of just saying “*clean the bathroom*,” guide them step-by-step:



Step 1:
Get the cleaning spray.



Step 2:
Grab the toilet scrubber.



Step 3:
Go to the bathroom.



Step 4:
Spray the toilet, scrub, flush.

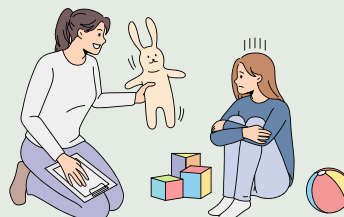
It might feel overly detailed, but trust us—it works.

Another helpful tip: You can also write out the estimated number of minutes each small task should take. This could make it feel less overwhelming for the child when you break it down.

BEHAVIOR

Understanding ADHD means understanding your child's behavior. *Ask yourself:* What's behind their actions? Are they frustrated? Do they lack the words to express themselves? Instead of punishment, focus on teaching your child how to communicate their feelings.

Use **rewards** like stickers or small incentives. **Traditional punishments** like taking away privileges, yelling, or spanking typically aren't effective for ADHD behaviors.



If your child's behavior gets too much, a therapist can help you figure out other ways to address tough moments.