



FOCUS. THRIVE. GROW.

ADHD QUICK TIPS FOR PARENTS

EVERYDAY STRATEGIES THAT ACTUALLY HELP



1

Structure the day, lightly.

Predictable routines reduce stress, but don't overschedule (Barkley, 2013).

One instruction at a time

Break down directions into single steps (Brown, 2023).

2



3

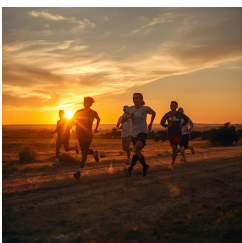
Body doubling works

Having someone nearby while working boosts focus and accountability (Brown, 2005).

Catch effort, not just results

Praise persistence to build resilience and motivation (Barkley, 2015).

4



5

Movement is medicine

Physical activity improves attention and mood regulation (CDC, 2023).

**ADHD brains thrive on structure, support, and positive feedback.
Small adjustments at home can make a big difference.**