Caring for a Child with ADHD

Strategies and Resource Guide

Prepared By

Kinship Caregivers Connect

With Support of

Ohio Kinship and Adoptive Navigators Program

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Ohio Minds Matter: http://ohiomindsmatter.org/

- **What it is:** virtual resource that provides educational resources for families and healthcare providers to support behavioral health
- **Highlights:**

Shared Plan for Care	ADHD Info Page
- Provide a shared decision-making toolkit for caregivers, families, and young people to make shared decisions about treatment - Can be printed and taken to appointments	- Provides information for screenings/assessments, diagnostic features, treatment, medication, ongoing management, resources, and commonly asked questions related to ADHD
http://ohiomindsmatter.org/make-plan-care	http://ohiomindsmatter.org/youth-families/adhd

The Triple P: Positive Parenting Program: https://www.triplep-parenting.com/oh-en/triple-p/
- **What it is:** Ohio program that provides resources to support caregivers/parents, promote child well-being, and benefit family life
- **Highlights:**

Triple P Online 0-12	Triple P Online Teen	Blog & News
- Free virtual program that provides tips and strategies for raising children ages 0-12 - Have access to the program for 12 months once registered - Modules: What is positive parenting?; Encouraging behavior you like; Teaching new skills; Managing misbehavior; Dealing with disobedience; Planning ahead to prevent problems; Making shopping fun; Raising confident, capable kids	- Free virtual program that provides tips and strategies for raising teenagers - Have access to the program for 12 months once registered - Modules: What is positive parenting of teenagers?; Encouraging behavior you like; Teaching new skills and behaviors; Managing problem behavior; Planning ahead for risky situations; Raising confident, capable teenagers	- Blogs written by Triple P authors and experts that contain parenting information - Can filter by specific topics (e.g., academic performance, child development, communication, coping skills, evidence-based parenting)
https://www.triplep-parenting.com/oh-en/free-parenting-courses/triple-p-online/	https://www.triplep-parenting.com/oh-en/free-parenting-courses/teen-triple-p-online/	https://www.triplep-parenting.com/oh-en/blog-and-more/blog-and-news/

Children & Adults with Attention-Deficit/Hyperactivity Disorder (CHADD): https://chadd.org/

- **What it is:** virtual resource that provides evidence-based information to individuals with ADHD, their families, and professionals
- **Highlights:**

Toolkits	Factsheets & Infographics	Videos	National Resource Center (NRC)	Resource Directory
- Examples: Diagnosis and Treatment of Children and Teens Toolkit, Your Emerging Adult Toolkit	- Examples: Complementary Interventions for ADHD, Medication in ADHD Treatment, Behavior Management in ADHD	- Examples: How to Use a Calendar System, How to Manage Emotions, Creating Daily Routines	- Provides latest evidence-based info about ADHD to those with ADHD and their families	- Can search for specific organizations or providers in your area
https://chadd.org/nrc-toolkit/	https://chadd.org/understanding-adhd/adhd-fact-sheets/	https://chadd.org/stroud-umdadhdtools/	https://chadd.org/about/about-nrc/	https://chadd.org/professional-directory/

ADDITUDE

ADDitude: https://www.additudemag.com/

- **What it is:** virtual database of articles for individuals with ADHD, their families, and health professionals
- **Highlights:**

ADHD Parenting	Webinars & Resources	Symptoms & Tests	Treatment
- Provides a comprehensive guide for parenting a child with ADHD - Topics: Behavior & Discipline, Positive Parenting, Teens with ADHD, Schedules & Routines, Organizing Your Child, Health & Nutrition	- Provide free webinars & podcasts (including those that are archived) - Examples: Parenting Styles that Work for Neurodivergent Children, Building a College-Readiness Timeline for Teens with ADHD	- Provide various articles and downloadable resources concerning symptoms and testing for ADHD, as well as info for related conditions (e.g., ODD, autism, learning disabilities)	- Provides various articles and downloadable resources for ADHD treatments – including medication, diet and exercise, vitamins and supplements, mindful meditation, therapy, etc.
https://www.additudemag.com/category/parenting-adhd-kids/	https://www.additudemag.com/adhd-expert-webinars-index/	https://www.additudemag.com/category/adhd-add/	https://www.additudemag.com/category/explore-adhd-treatments/

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY
W W W . A A C A P . O R G

American Academy of Child & Adolescent Psychiatry (AACAP)'s ADHD Resource Center:

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx

- **What it is:** virtual resource that provides information for individuals and families experiencing mental, behavioral, or developmental disorders
- **Highlights:**

Facts for Families	Parents' Medication Guide
- Provides up-to-date information for children and teens with ADHD and their families - Examples: ADHD & the Brain, College Students with ADHD	- Provide medication guides to help families make informed decisions about treatment - Includes guides for just ADHD, as well as ADHD and autism - Includes guides in English and Spanish
https://www.aacap.org/AACAP/Families_Youth/Facts-for-Families/AACAP/Families_and_Youth/Facts_for_Families/Layout/FFF_Guide-01.aspx?hkey=fd45e409-3c3c-44ae-b5d4-39ba12e644b7	https://www.aacap.org/AACAP/Families_and_Youth/Family_Resources/Parents_Medication_Guides.aspx

Center on the Developing Child
HARVARD UNIVERSITY

Harvard University's Activities Guide for Executive Functioning:

https://developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/

- **What it is:** virtual guide of activities for practicing executive functioning skills from infancy to adolescence
- **Highlights:**

Explanation of Executive Functioning	Executive Functioning Strategies for Specific Age Groups
- Steps of Guide: (1) Executive Function 101 (Executive Function & Self-Regulation, Executive Function: Skills for Life and Learning), (2) The Science of Executive Function (Building the Brain's "Air Traffic Control" System, Video: How to Build Core Capabilities for Life), (3) Building Executive Function Skills (Activities: Guides: Practicing Executive Function Skills, Building the Core Skills Youth Need for Life, Building the Core Skills Adults Need for Life)	- Age Groups: 6- to 18-months olds, 18- to 36-month olds, 3- to 5-year-olds, 5- to 7-year-olds, 7- to 12-year-olds, adolescents
https://developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/	https://harvardcenter.wpenginepowered.com/wp-content/uploads/2015/05/Enhancing-and-Practicing-Executive-Function-Skills-with-Children-from-Infancy-to-Adolescence-1.pdf

Study Tools by Jules
building custom ADHD study strategies

Study Tools by Jules: https://www.studytoolsbyjules.com/

- **What it is:** virtual resource that provides study tools for children with ADHD
- **Highlights:**

Printables	Homework Help	Study Tools by Jules Blog
- Free "printables" and worksheets for children with ADHD - Examples: Organization Tips for ADHD Kids, My Laundry Plan, Flexible Thinking for Grown-Ups	- Tips to help families make homework time more effective for children with ADHD - Topics: Reading & Writing, Math & Science, Time Management & Organization	- Short reads full of tips and suggested resources - Examples: Picture Books for Kids with ADHD about Emotional Regulation and Self-Awareness, Helping Kids with ADHD Strengthen their Working Memory, ADHD Podcast for Kids: Journey With Me Through ADHD
https://www.studytoolsbyjules.com/free-stuff/	https://www.studytoolsbyjules.com/free-adhd-study-tips/	https://www.studytoolsbyjules.com/blog/

Attention Deficit Disorder Association (ADDA): https://add.org/

- **What it is:** virtual resource created by those with ADHD that provides information, resources, and support for adults with ADHD
- **Highlights:**

Virtual Support Groups	Professional Directory
- Peer Support Groups: Virtual Peer Support Group – Beginners, Parent Support Group, Peer Support for ADD/ADHD Young Adults, ADDA's Healthy Habits and the ADHD Brain Group, etc. - Virtual Work Groups: Mindfulness Meditation for the ADHD Brain, Accountability for You Work Group, Monthly Planning Accountability Group, etc. - ADDA Special Programs: ADDA Achieves (workshop for students with ADHD), ADDA Works (self-paced course for ADHD in the workplace)	- Can search for providers of certain disciplines (e.g., ADHD coaches, psychologists) in your specific area
https://add.org/adda-virtual-programs/	https://add.org/professional-directory/

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Physical Activity Suggestions

- **Simon Says**
  - Purpose: encourages following directions, sustaining attention, and managing impulses

- **Red-Light Green-Light**
  - Purpose: encourages following directions, sustaining attention, and managing impulses

- **Duck-Duck-Goose**
  - Purpose: encourages following directions, sustaining attention, and managing impulses

- **Freeze Dance**
  - Purpose: encourages following directions, sustaining attention, and managing impulses

- **Musical Chairs**
  - Purpose: encourages following directions, sustaining attention, and managing impulses

- **Nature Scavenger Hunt**
  - Purpose: encourages planning ahead and use of working memory
    - See page # for examples

- **Obstacle Course/Relay Race**
  - Purpose: encourages problem-solving skills and impulse control

- **Organized Sports**
  - Purpose: encourages increased attention span and social skills
  - Can be competitive or recreational

Mindfulness Strategies

- **Breathwork**
  - o Purpose: using breathing exercises to focus on the present moment and sustain attention
    - See page # for example

- **Visualization**
  - o Purpose: creating a mental image in the mind to focus on the present moment and sustain attention
    - See page # for example

- **Yoga/Guided Movement**
  - o Purpose: using active movement to focus on the present moment and sustain attention
    - See page # for example

- **Grounding**
  - o Purpose: using strategies that connect one to the earth to focus on the present moment and sustain attention
    - See page # for example

Sensory Strategies

- **Vestibular Strategies**
    - Purpose: using movement and balance to regulate emotions and behaviors
        - Add structured (timed) movement breaks (e.g., jumping stretching to homework time or any longer task
            - See page # for examples
        - Linear movement (e.g., rocking, swinging back and forth) can be used to calm someone
        - Rotational movement (e.g., spinning, tire swing) can be used to alert someone

- **Proprioceptive Strategies**
    - Purpose: using pressure and where our body is in space to regulate emotions and behaviors
        - Use a weighted vest during homework times to help with attention, processing, and executive functioning
        - Calming strategies: wrapping up in a blanket, getting a hug with a light squeeze, self-hugs, doing heavy work (e.g., carrying a laundry basket or stack of books)

- **Auditory Strategies**
    - Purpose: using what we hear (or do not hear) to regulate emotions and behaviors
        - Use white noise during homework times to improve attention and decrease hyperactivity
        - Use noise-cancelling headphones if one is sensitive to loud noises or easily gets distracted by the sounds around them
        - Play rhythmic and melodious music to calm

Behavioral Strategies

- **1-2-3 Magic**
  - Purpose: helps to set expectations without having to repeat yourself
    - Steps: Give a task for child to do → If they don't do it say, "That's 1" → Wait a couple minutes and if they still don't do it say, "That's 2" → After one more minute, if they still haven't done it say, "That's 3" → Once you get to 3, follow through with boundary/consequence
      - Let child know what the consequence will be in advance

- **Behavior Chart**
  - Purpose: can visually track a child's behavior throughout the day/week
    - Associate a positive reward with filling up the chart to encourage good behavior
    - Can be a token economy or checklist for specific tasks
      - See pages # for examples
      - See pages # for templates

- **Positive Reinforcement**
  - Purpose: presenting a consequence immediately after a behavior will impact it
    - When a child shows good behavior, provide verbal praise a treat, or a token/mark if doing a behavior chart
      - Increased the chances of the good behavior happening in the future

- **Routines/Schedules**
  - Purpose: having a routine around difficult parts of the day can make them go smoother
    - Can use a visual schedule for reminders of tasks
      - See page # for example
      - See page # for template
    - Break up bigger tasks into smaller ones (movement breaks between tasks)
    - Keep realistic expectations about time
    - Praise effort, not just results

Nature Scavenger Hunt (from EastCoastMommy.com)

Nature Scavenger Hunt

- [ ] dog
- [ ] bug
- [ ] something green
- [ ] pine cone
- [ ] stick
- [ ] something yellow
- [ ] something orange
- [ ] leaf
- [ ] butterfly
- [ ] flower
- [ ] something blue
- [ ] something red
- [ ] bird
- [ ] tree
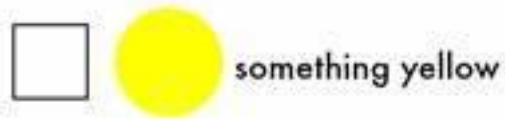
©EastCoastMommy.com

Nature Scavenger Hunt (from trishsutton.com)

Nature Scavenger Hunt

trishsutton.com

- ☐ PINE CONE
- ☐ GREEN LEAF
- ☐ BROWN LEAF
- ☐ WILDFLOWER
- ☐ SPIDER WEB
- ☐ FEATHER
- ☐ BUG
- ☐ SEED
- ☐ GRASS
- ☐ PINE NEEDLES

- ☐ BIRD
- ☐ WATER
- ☐ CLOUD
- ☐ FLYING INSECT
- ☐ ROUND ROCK
- ☐ COLORFUL ROCK
- ☐ ROUGH OBJECT
- ☐ SMOOTH OBJECT
- ☐ FALLEN BRANCH
- ☐ TREASURE (TO YOU)

Rainbow Breathing Exercise

Box Breathing Exercise

Breathe In
4 seconds

Hold
4 seconds

Hold
4 seconds

Breathe Out
4 seconds
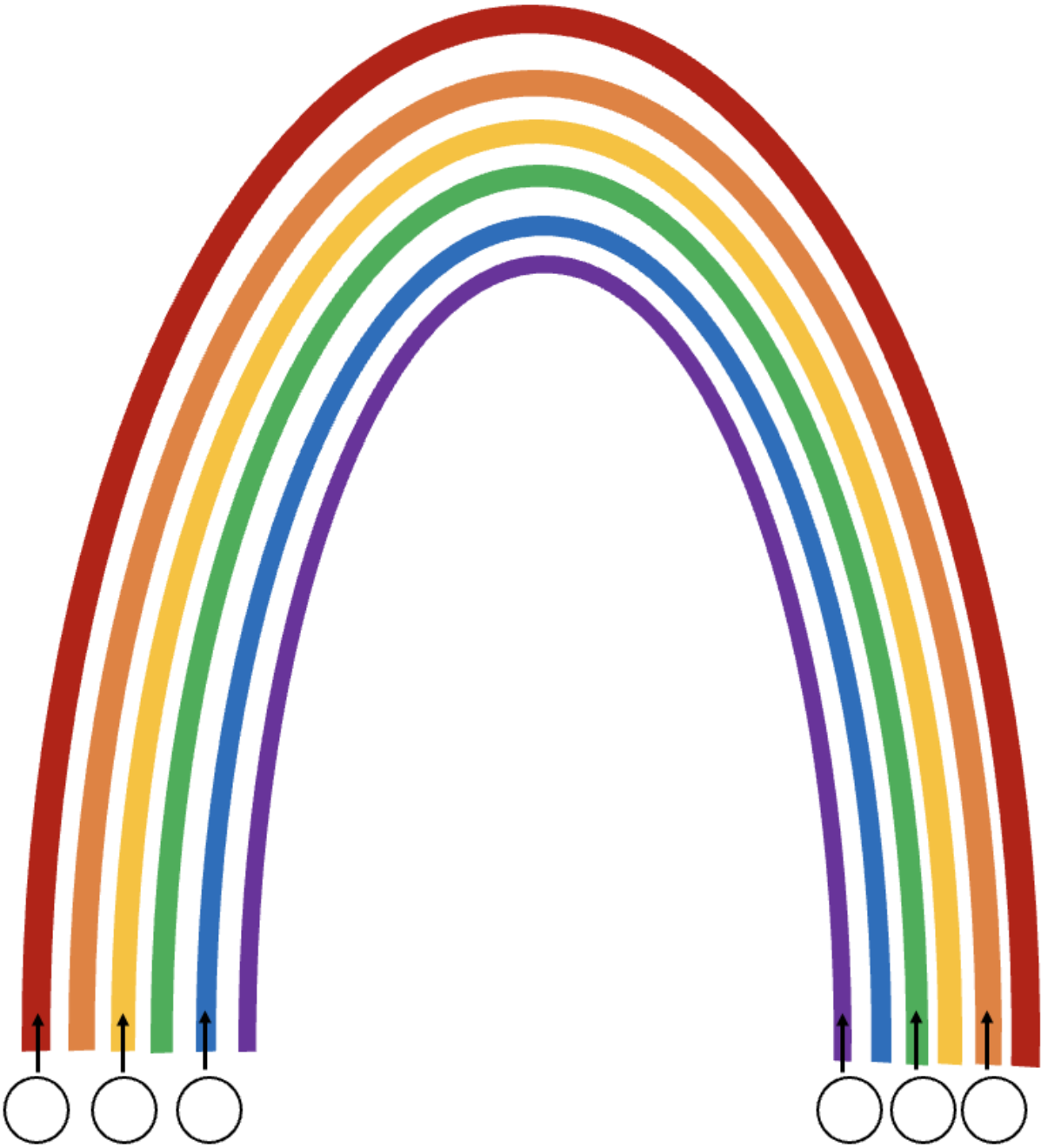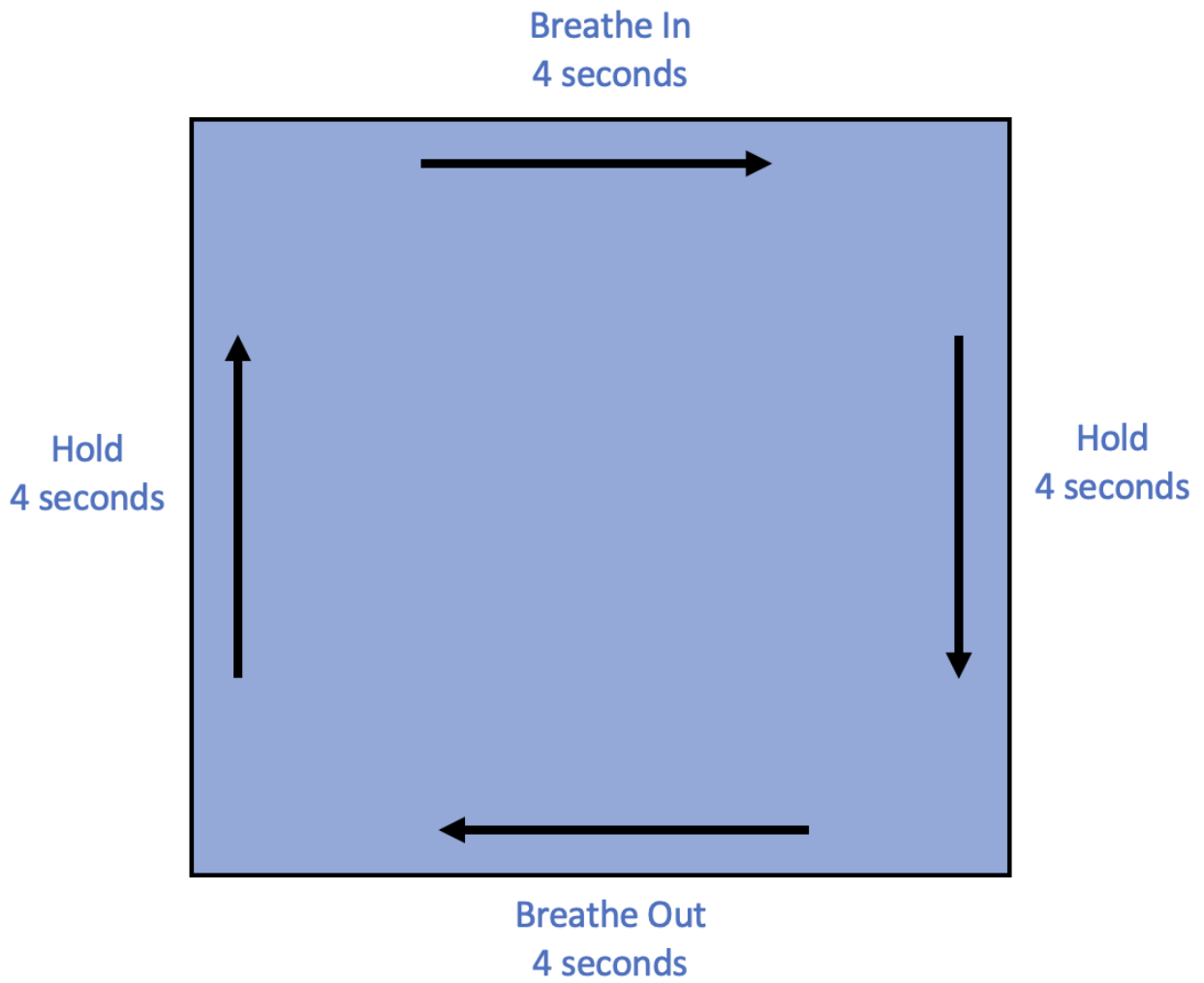
Weather Visualization Example (from shantigeneration.com)

Kid-Friendly Yoga Poses (from mungfali.com)

CAMEL

BUTTERFLY

FLAMINGO

MONKEY

SNAKE

LION

DOG

FROG

GIRAFFE

TURTLE

COW

CAT
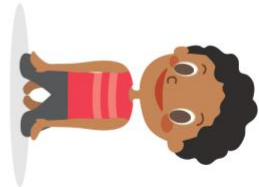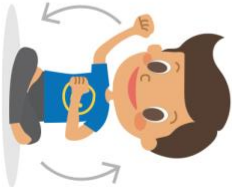
5-4-3-2-1 Grounding Exercise

The 5-4-3-2-1 Grounding Technique

What are **5** things you can see?

What are **4** things you can touch?

What are **3** things you can hear?

What are **2** things you can smell?
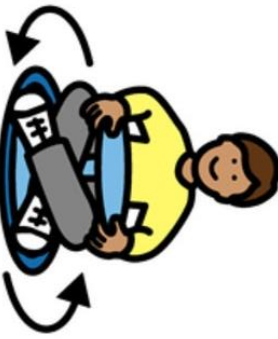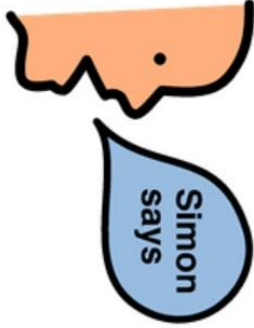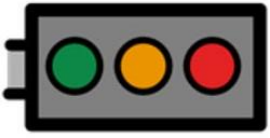
What is **1** thing you can taste?

Graphic created by Kinship Caregivers Connect

Movement Break Cards (from Etsy.com)

Gallop To The Front of The Room and Back Two Times	Stretch Break
Sit and Spin	Simon Says
Yoga Ball Exercises	Red Light, Green Light
Hoppity Ball	Skip Around One Room

Token Economy Example (from OCALI)

I Am Working For:

Rubik's Cube
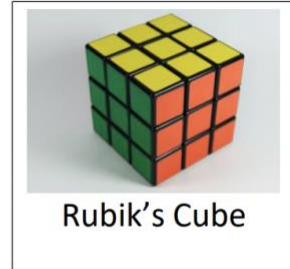
Token Economy Board Template (from OCALI)

I Am Working For:

Strategies for ADHD

Token Economy Tokens (from OCALI)

Behavior Chart Example (from babyshowerrfamily.com)

_____'s Chart

I Need To....	SUN	MON	TUES	WED	THURS	FRI	SAT
Dress Myself							
Go To Bed Nicely							
Pick Up My Toys							
Share My Things							

Behavior Chart Template

Task	S	M	T	W	Th	F	Sa	Reward

Visual Schedule Example (from Habitat Mom)

Daily Schedule

Morning

- GET DRESSSED
- BRUSH TEETH
- PUT SHOES & COAT ON
- GET BACKPACK
- GO TO SCHOOL

Evening

- GET A BATH
- BRUSH TEETH
- PUT ON PAJAMAS
- READ A BOOK
- GO TO BED

Visual Schedule Template (from speechfun.com)

Today's Schedule

Visual Schedule Template

Today's Schedule