

AT-HOME PARENT GUIDE FOR PARENTING A CHILD WITH ADHD



01 Create a Calm, Structured Environment

Why it helps:

Children with ADHD thrive in predictable, low-stress environments.

Try this at home:

- Set clear daily routines (meals, schoolwork, bedtime)
- Use visual schedules with pictures or icons
- Minimize clutter in work and play areas
- Give 1–2 step directions at a time

🔧 Tool Tip: Try a "First-Then" board (e.g., First: Homework | Then: Tablet time)

02 Break Tasks Into Manageable Steps

Why it helps:

Large or multi-step tasks can feel overwhelming and trigger avoidance or meltdowns.

Try this at home:

- Use checklists with boxes they can mark off
- Set a timer for short bursts of work (10–15 minutes max)
- Use transitions: "In 5 minutes, it's time to clean up"

🔧 Tool Tip: Try the Pomodoro technique—15 min work, 5 min break, repeat

03 Focus on Connection Before Correction

Why it helps:

Emotional dysregulation is common with ADHD. A strong relationship helps kids feel safe to try and fail.

Try this at home:

- Use empathy before redirection ("That was hard, huh? Let's try together.")
- Keep your voice calm and body relaxed
- Use a calm-down space, not time-out

🔧 Phrase to Use: "I can see you're upset. Let's figure this out together."

04 Build Executive Functioning Skills Daily

Why it helps:

Kids with ADHD often need extra support to build working memory, impulse control, and organization.

Try this at home:

- Play games like Simon Says, Uno, or Freeze Dance
- Practice using planners or visual timers
- Help them learn to "talk through" a plan out loud

🔧 Game Tip: Try "Beat the Clock"—turn chores into timed challenges!

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06 Celebrate Progress, Not Perfection

Why it helps:

Kids with ADHD often get more corrections than praise. Positive reinforcement fuels confidence.

Try this at home:

- Praise effort, not just results ("You really stuck with that!")
- Use sticker charts or token systems for small wins
- Celebrate non-academic strengths: creativity, kindness, humor

 **Reward Tip:** Let your child earn special "parent time," a favorite activity with you.


07 Take Care of You, Too

Why it helps:

Parenting a child with ADHD can be emotionally draining. You can't pour from an empty cup.

Try this at home:

- Take short breaks (even 5 minutes alone matters!)
- Reach out to support groups (online or local)
- Forgive yourself often—no one parents perfectly

 **Support Tip:** Join CHADD or ADHD-specific Facebook groups for real parent tips and empathy.

** Bonus: Go-To Resources

- CHADD.org – Tools, parent training, and community
- ADDitude Magazine – Expert-backed ADHD strategies
- Understood.org – Great for executive functioning and school tips

Books:

- The Explosive Child – Dr. Ross Greene
- Smart but Scattered – Peg Dawson & Richard Guare
- Parenting ADHD Now! – Elaine Taylor

 **Questions or need more support? Reach out to an ADHD expert at Thrive Counseling Center.**