

TROUBLES WITH FOCUS IN ADHD



01 Books & Workbooks

For Parents & Educators:

- Smart but Scattered – Peg Dawson & Richard Guare
- Executive Functioning Workbook for Kids – Sharon Grandinette
- Driven to Distraction – Dr. Edward Hallowell & Dr. John Ratey

For Kids:

- I Can Do That: A Book on Focus and Following Directions – Kayla J.W. Marnach
- The Mindfulness Workbook for Kids – Jennie Marie Battistin
- Mrs. Gorski, I Think I Have the Wiggle Fidgets – Barbara Esham

02 Focus-Boosting Tools

- Timers (visual or digital) – Use for tasks, breaks, and transitions
- Task Cards – Break large tasks into small, simple steps
- Focus Fidgets – Quiet fidget tools (putty, chewables, marble maze)
- Visual Schedules & Checklists – Helps with sequencing and independence
- Noise-Canceling Headphones – Reduce distractions during homework or reading

03 Strategies for Improving Attention

- Brain Breaks – 5-minute physical movement every 20–30 minutes
- Pomodoro Technique – 15 min focus / 5 min break cycles
- Work-before-Reward Systems – Clear motivation for task completion
- “First-Then” Language – “First homework, then tablet time”
- Positive Praise – Acknowledge effort, not just outcome (“I noticed you tried really hard to stay on task!”)

04 Parent Support & Home Tips

- Create a distraction-free homework station
- Use routines to reduce mental load
- Practice predictable transitions with timers or countdowns
- Model and teach self-monitoring (“Let’s check—are we still on task?”)
- Ask teachers about classroom accommodations (like preferential seating or movement breaks)



“Focus grows with practice—not pressure.”

Celebrate small wins and stay flexible—it’s a learning journey.

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