



20 Quick Tips to Help Kids with Attention Deficit Hyperactivity Disorder



Set clear expectations and rules at home and in collaboration with school.



Establish structure and routine at home and school and follow it consistently.



Encourage movement and exercise for a minimum of 45 minutes a day, limit screen time, and make sure your child has 8 hours of uninterrupted sleep.



Stick to a healthy, colorful, and balanced diet and avoid processed food.



Notice the positive behavior and reinforce your child's effort, not just the end result, such as grades and trophies.



Model for your child how to make and keep friends.



Set a place and time for doing homework. Use an iPod with earphones with certain type of background music that is unfamiliar to him/her, without lyrics or headphones with noise cancellation to help filter out distractions. Encourage your child to avoid multi-tasking and actively engage in one task at a time.



Use a Time-Timer (purchase on line) to set frequent "Brain Breaks", every 20 minutes, during homework. Begin with 20 minutes on and 10 minutes off, and gradually increase the amount of time your child can remain focused.



Get an extra set of textbooks for home or order the CD version.



Use color-coded folders for each subject or a large binder labeling each subject area. Insert two pocket folders where "to do homework" and "completed homework" is placed. Set a routine with the teacher how homework will be handed in and where.



Show your child how to use a daily planner, how to prioritize assignments and activities, with parents and teacher signing off on the planner daily.



Be brief in your directions and give one command at a time. Ask your child to repeat back what you said for accuracy, and for more mindful and active listening.



Keep a small white board at home and write down the activities/schedule for the day. Children feel safer, more in control and calmer when they know what to expect. It helps to make their life more predictable.



Work with your child's teacher to avoid excessive criticism and refrain from giving him/her negative attention.



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When your child appears stressed and overwhelmed give him/her some tips for relaxation, such as take slow and deep breaths, or count backwards from 30 to 1, visualize being in your happy and safe place. Remind your child when you see opportunities that he/she can use them.



With your child's input set up a daily behavior plan stating the chores and expectations that you expect daily. State each behavior in the positive and carefully monitor his daily progress. At the end of the week he can choose an item from a menu you put together to celebrate his efforts.



Provide your child with opportunities to build his/her confidence and to achieve mastery by involving him in after school activities that will allow him to use his strengths and special talents.



Teach him how to judge the amount of time it will take him to perform a job well, and how to predict the outcome of what will happen if he acts a certain way. Use "If _____ (I do this) then _____ (this will) happen" questions.



Set a specific time each week and help your child clean and organize his desk, notebooks, and locker at school, backpack and his room. After you clean his room together take a picture and post it on his door. Eventually you can phase out the help, but continue to help him get started.



Encourage your child to talk about what's bothering him/her and help identify and label his/her emotions.

You can do it!

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