

GIVE THEM A HOOK

Ages: 3-18

Purpose: To provide an environment where children can learn and practice organizational skills and to reduce parent-child conflict. Helps assist children with ADD and EFD.

Instructions:

- **Family calendar.** Track everyone's activities on a large calendar that is hung where everyone can see it (kitchen, for example). Assign each family member their own color marker for their entries. Always reference the calendar when making plans. Bring the calendar to your weekly family meeting.
- **Checklists.** Create lists on 3x5 cards for all activities that have multiple steps, such as bed time (shower, brush teeth, read story). Encourage your child to create cards with you.
- **Focus on chores that involve sorting or categorizing.** Grocery shopping, folding laundry (matching socks), emptying the dishwasher and putting dishes away, and other tasks that involve pre-planning, making lists, or arranging things are great choices.
- **Always get ready the night before.** Pack lunches, backpacks and lay out clothing to make the morning a breeze and teach your child the importance of planning in advance.
- **Use containers and closet organizers.** Everything has its place. Take photos of toys, clothing and personal items and tape them to the outside of the container where you want them stored (think kindergarten classroom).
- **Cook together.** Cooking teaches measuring, following directions, sorting ingredients, and managing time - all key elements in organization. Even cleaning up and putting utensils and pans back where they belong makes the task that much easier the next time.
- **Collecting.** If your child has a particular interest, encourage him or her to create and organize a collection. Use creativity in this area and you don't have to spend a penny (think the great outdoors).
- **Be a role model.** Remember that if you are disorganized your child will follow your lead. Always put things back where they live, keep your living space clear of clutter and hang up your coat.