

ADHD TIPS FOR PARENTS

★ Create a rules list:

- By creating a rules list, your child is able to clearly see and be reminded of what certain rules in the house are. That might mean that every day they are supposed to clear their dishes and do their homework. If this list is made, it will act as a reminder and the rules are set and stone.

★ Use praise:

- By praising your child when they complete simple behaviors, they are able to feel proud of themselves, and will be more likely to do the same behavior again. These praises can be anything from a smile to saying great job.

★ Use a system for rewards:

- For most children, reward is more effective than punishment when trying to change their behavior. Plus, it makes a child feel motivated rather than shut down. Reward systems can be different. (Ex: every day that your child completes their tasks, they get a checkmark on that day of the calendar. If at the end of the week, each day has a check mark, then they are rewarded ice cream).

★ Set time for homework:

- Set a time each day that is reserved for homework, or reading, or studying. Creating this routine surrounding homework will lead your child to be less likely to forget to do homework. It also decreases the desire to procrastinate because it is known that that time is for homework.

★ Create structure:

- As stated earlier, routine allows for your child to expect what is coming. With structure, they are less likely to forget to do simple tasks or procrastinate doing them.