

# ADHD PARENTING TIPS

KIDDO HAVE ADHD? LET'S TALK STRATEGY.

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## DAILY ROUTINE

Routine is absolutely necessary for children with ADHD. They thrive in structure. This means you will need to make some changes to the entire household. Ensure the child has the same exact sleep time, wake time, time to get ready, homework time, meal times, electronic time, and other structured activities as needed (for weekends). This should never vary significantly, and children should be warned of changes in the schedule. Ensure trips are structured. Your child may benefit from a written schedule.

## SCHOOL STRUGGLES

If your child is frequently in trouble or struggling in school, make sure you have advocated for either a 504B plan (accommodations the school can make for ADHD such as fidget toys, short motor breaks, standing while working, redirection, written instructions, etc) or testing for an IEP (learning disabilities). Your teacher should be aware of your child's diagnosis, and understand how to best help them thrive in the learning environment.



## HOMEWORK TIME

Schedule a homework time daily. Use a timer to work on an assignment together for 10 minutes, then take a short break. Make sure your child is fed a snack before homework time. If they are frustrated with an assignment and want to give up, help them break it down into very small steps.



## CHORES

A chore chart posted on the wall including all chores expected of each child, and when it should be expected by should be posted in your home. Children with ADHD do not respond well to verbal instructions, and may forget without written prompts. Break down chores into small steps (go get the cleaning spray, then get the toilet scrubber, then go to the bathroom, then put the spray on the toilet, scrub, flush, etc). It may seem silly to you, but it helps the task be less overwhelming.



## BEHAVIOR

Learn about ADHD and figure out why certain behaviors are occurring. Is your child frustrated and does not know how to express it? Help them use their words. Use stickers and reward systems. Punishment, taking away things, yelling and spanking are not effective. You can always seek guidance from a therapist.

