

# ADHD Tips

Here are some tips that can help your child who may have challenges associated with ADHD.

## Concentration

- **Remove distracting items** (phones, toys, etc.) from sight prior to initiating tasks such as homework
- **Designate a quiet space** to complete important tasks like a reading corner
- **Allow noise canceling headphones** to be worn during tasks
- **Provide structured breaks** to give an outlet for energy
- **Use positive reinforcement** for meeting goals, often broken down into smaller chunks with clear instructions (complete one math sheet and then earn \_\_\_\_\_, etc.)

## Organization/prioritization

- **Create a picture schedule** or checklist to lay out tasks or activities, the order, or the priority
- **Use a color-coded calendar** to display responsibilities (homework in green, tests and when to study for tests in blue, assignments due and when to work on assignments in orange, etc.)
- **Use bins, baskets, etc. to house similar items together** to easily locate them (all homework materials in one bin, toys in a tub with a label or picture of what goes inside, etc.)
- **Use color-coded folders/binders for different subjects** in the backpack to simplify homework turn-in
- **Copy homework assignments** in a planner or enter into an electronic calendar that is shared with parents for transparency and simple check-ins
- **Plan ahead** to avoid last-minute scrambling (lay out clothes or pack lunch the night before)

## Memory

- **Use a timer or alarm** to indicate when a task will start, when it will end, etc.
- **Provide clear, written instructions** of a task, broken down into segments
- **Use apps or electronic calendar reminders** of important due dates or events (when to feed the dog, when college applications are due, etc.)

## Hyperactivity/impulse control

- **Provide structured breaks** to give an outlet for energy
- **Discuss cause/effect** or making predictions about how actions will make people feel/act
- **Practice calming activities** (deep breathing, squeezing putty) as well as isometric exercises (pushing hands together, pressing feet on the floor, etc.)
- **Give reminders** of positive reinforcement to be earned, first/then statements, and countdowns
- **Create behavior contracts** to list out rules and consequences, and frequently refer to them as reminders
- **Take data on the level of hyperactivity in certain settings** to better gauge how to manage or prevent it (lowest in the morning, highest after lunch, etc.)

## Helpful Resources

[The ADHD Workbook for Kids](#)  
by Dr. Lawrence E. Shapiro

[The ADHD Workbook for Teens](#)  
by Dr. Lara Honos-Webb

[Learning How To Slow Down and Pay Attention](#)  
by Dr. Kathleen G. Nadeau and Dr. Ellen B. Dixon

[Smart But Scattered](#)  
by Dr. Peg Dawson and Dr. Richard Guare

[www.understood.org](http://www.understood.org)

[www.parenttoolkit.com](http://www.parenttoolkit.com)

## Need more ideas or help?

Schedule a teleconsultation with RethinkCare's behavior experts today!

