

ADHD/Focusing

ADHD Parenting Tips

There are many ways parents can help a child exhibiting symptoms of Attention Deficit Hyperactivity Disorder such as :

- Providing consistency by following predictable routines for getting ready for school, homework, play, bedtime, etc.
- Model and practice appropriate organizational skills and help your child maintain organizational systems
- Help your child use large monthly calendars for planning after school activities and when tests and assignments occur
- Use timers as a visual reminder for your child when they need to complete a task
- Give specific, concise directions to your child in positive ways (phrase directions as what do you want to happen rather than what you don't want to happen)
- Help practice problem solving skills with your child
- Give your child a chance to practice appropriate social skills
- Help your child make healthy food choices
- Use encouragement and positive reinforcement

