



PARENTSPRING

3 Simple Gadgets to Help Your Child with ADHD

1 - The Time-Timer helps with the *time blindness* of ADHD. When you set the timer, it opens a shrinking red quadrant so that you can actually see time passing. Find at timetimer.com.



2 - The Watchminder is an old-school digital watch that is highly programmable and gives private, vibrating notifications to *take medication, pay attention, do chores*, and more. Find at watchminder.com.



3 - The ShakeAwake vibrating alarm clock helps kids wake up in the morning without any ear-piercing or booming sounds. Helpful for not waking siblings in the same room. Find at amazon.com.

