



ADHD at Home and School: Practical Strategies for Success

Parent/ caregiver guide

Daily Routines & Organization:

- Use visual schedules, calendars, and checklists
- Create a homework station free from distractions
- Set clear, consistent expectations with positive reinforcement

TIP

Don't try to do it all at once. Focus on one or two achievable organizational goals and work toward consistency, not perfection. This may take a few months.

Behavioral Strategies:

- Use behavior charts with rewards for positive actions
- Break tasks into small, manageable steps
- Encourage self-regulation techniques like deep breathing & movement breaks

TIP

Remember, specific rewards aren't always the best method for every child, and often are not the best place to start. Instead, look for opportunities to provide positive reinforcement for doing things well, i.e., "catch" them being good, with the reward simply being a kind word, hug, or a high-5.

Classroom Accommodations:

- Allow extra time for assignments & tests
- Provide preferential seating to reduce distractions
- Incorporate frequent breaks and movement activities

TIP

Sometimes schools want ideas about what's possible for your child and what belongs on an education plan. The website www.idonline.org offers some resources to consider.



Social & Emotional Support:

- Teach social problem-solving skills
- Encourage structured peer interactions
- Recognize and celebrate strengths & achievements

TIP

Work on emotional regulation and validate feelings and emotions, even negative ones. This has been an overlooked area in ADHD support, but it's important to help children learn how to develop patience and resilience. Understand that being more reactive may be a fundamental part of who they are, and they may process emotions quite differently from their peers or family members. Plan ahead with children to navigate pain points – how they will navigate social situations or big feelings when they arise.



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