ADHD Parenting Tips

Follow a routine.

Kids with ADHD thrive when they know what to expect. Create a routine that includes school, meals, homework, play, and bedtime. Give special attention to more challenging parts of the day, such as getting ready in the morning.

Create a homework area.

For some kids, any noise or activity will break their attention. For others, background music or an object to fidget with enhances focus. Learn your child's needs and tailor their environment to them.

Get organized.

Create a special place for your child's backpack, clothes, and toys (or whatever else they need help organizing). For example, if school assignments get lost, create a homework folder that never leaves their bag.

Prioritize a healthy lifestyle.

Nutrition, physical activity, and sleep help tame the symptoms of ADHD. Replace sugary drinks with water and provide plenty of fruits, vegetables, whole grains, and lean proteins. Aim for at least 60 minutes of physical activity and 9-12 hours of sleep every day.

Limit choices.

Narrow the options when your child needs to make a decision. For example, instead of asking them to pick out an outfit, lay out two options to choose between.

Break down tasks.

Large to-dos like "clean your room" or "do your homework" can be overwhelming. Help your child by breaking tasks into smaller parts. For example, "clean your room" becomes "put your clothes in the dresser" and "make your bed."

© 2024 Therapist Aid LLC