



Tips for children with ADHD

Most children with ADHD will need help at home and school to be successful. Helping your child stay organized and completing homework can be exhausting. A tutor or homework helper (ADHD coach) can be helpful. It is an awesome responsibility but well worth the sacrifice to encourage and guide these children. The reward is to watch your child grow and become successful. Consider the following tips:

At Home

- Establish a routine for your child. Encourage your child to do homework in a specific place where there are few distractions (no TV, cell phones, MP3 players, or video games).
- Prior to starting homework, give your child a 20 to 30 minute break unless delaying the homework seems to make completing it more difficult. Have a healthy snack or do some light exercise before homework.
- Divide large assignments into smaller parts.
- Prioritize assignments. Use a notepad or whiteboard to establish a schedule for the child to follow on their own. Then leave the child to work independently.
- Provide feedback, praise, and compliments frequently.
- Help your child learn to check over the completed work. Point out errors and correct a few together – NOT ALL.
- Help your child prepare for tests.
- Read to your child or consider using audio books.
- Many children benefit from color-coded binders to organize by subject.
- Plan ahead for long-range projects with a calendar. Set small goals to break down larger tasks. Help your child update his/her calendar several times per week.

At School

- Consider having your child sit in front of the classroom to minimize distractions.
- Have your child turn in homework assignments as soon as he arrives at school.
- Talk to your child's teacher about staying in contact to clarify when assignments are due.
- Make sure your child has the phone number of a study buddy to call for clarification on homework assignments.
- Communicate with your child's teacher any frustrations or difficulties your child has in completing assignments.

STAY POSITIVE
PRAISE
ENCOURAGE
COMPLIMENT

AVOID
Getting Angry
Yelling and Screaming!

