

Tips for Parents with Children with ADHD

Spotting common problem areas for children with ADHD, and how parents can address them

| Writing/Language Problems | Strategy |
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| <ul style="list-style-type: none"> - May have poor handwriting, grammar, or spelling skills. - Has a hard time listening to instructions and writing down information. | <ul style="list-style-type: none"> - Write down verbal answers from your child. - Encourage a language rich environment. - Never shame your child for slow processing or word misuse. |
| Missing Assignments | Strategy |
| <ul style="list-style-type: none"> - May turn in assignments late. - Has a hard time keeping track of information and time. | <ul style="list-style-type: none"> - Make a system and give support after finishing each part of a project. - Use checklists, labels, and color-coded folders. - Make and keep a routine. |
| Distractibility | Strategy |
| <ul style="list-style-type: none"> - Has a hard time paying attention. - Easily distracted. | <ul style="list-style-type: none"> - Make a daily homework routine with breaks. - Create a nice environment with no distractions. - Talk with teachers if your child can't finish work on time. |
| Immature Social Behavior | Strategy |
| <ul style="list-style-type: none"> - May miss the point of a conversation. - Doesn't read social cues. | <ul style="list-style-type: none"> - Involve your child in hobbies to find strengths. - Role play everyday situations with your child - Children with ADHD often get along with younger children. They can learn positive traits without feeling threatened by same-age peers. |
| Following Instructions | Strategy |
| <ul style="list-style-type: none"> - Has a hard time with multi-step directions. - May only hear parts of a request. | <ul style="list-style-type: none"> - Break down large tasks into many smaller steps. - Make checklists and use reward systems. - Use redirection and explanation rather than discipline. |
| Impulsivity | Strategy |
| <ul style="list-style-type: none"> - Has a hard time controlling impulses, despite good intentions. - May be labeled as unruly. | <ul style="list-style-type: none"> - Give quick, positive feedback for good behaviors. - Avoid vague instructions like "Be good." - Tell your child exactly what behavior is expected. |