



ADHD Strategy Ideas for Parents

<ul style="list-style-type: none"> • Try a problem-solving approach with your child, encourage them to think of an answer and discuss it.
<ul style="list-style-type: none"> • Be assertive regarding tasks that need to be completed. Explain to your child why they need to do the work set.
<ul style="list-style-type: none"> • Use resources, e.g. time out, in a positive way.
<ul style="list-style-type: none"> • Encourage your child to recognise when he/she needs time out
<ul style="list-style-type: none"> • If your child struggles to concentrate for long. Encourage them to gradually extend their attention span.
<ul style="list-style-type: none"> • Your child will benefit from the structure of the live learning lessons and a calm, quiet environment to work in.
<ul style="list-style-type: none"> • Be well prepared for your child to have difficult times of the day. Let them have a break from work. A snack, drink, 5 minutes free time.
<ul style="list-style-type: none"> • Help them with their organisational skill (equipment, lists, time-management)
<ul style="list-style-type: none"> • If your child likes to use headphones let them. If they are doing a task let them have music in the background if possible
<ul style="list-style-type: none"> • Provide an alternative activity to swap to if your child is struggling, ie;- reading, drawing or a quiz
<ul style="list-style-type: none"> • Try and adapt some exercise/movement. It will have a positive effect on brain growth and development. If possible, a walk or just some movement at home.
<ul style="list-style-type: none"> • Rewards can be discussed at the beginning of the day and represented by e.g. marbles in a jar/raffle tickets. These can be added to or deducted during the day according to a prearranged system. Playing a game, free time, TV can be a good incentive for them to complete a 30 minute task.
<ul style="list-style-type: none"> • Your child may need immediate and consistent feedback on behaviour and re-direction to task. Prompt them to complete tasks.
<ul style="list-style-type: none"> • Following your policy at home, pre-discussed. For example:- When they need to start lessons. When free time will be. When they will be allowed their phones. When they can have a break
<ul style="list-style-type: none"> • Encourage completing work, quizzes and tasks as per Satchel One
<ul style="list-style-type: none"> • Timekeeping – explain the importance of starting on time, not being rushed.
<ul style="list-style-type: none"> • Encourage them to get dressed and then they will feel ready for work.