

TIPS FOR MANAGING ADHD IN CHILDREN

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Writing/Language Problems	Strategy
Children with ADHD often have poor handwriting, grammar, and spelling skills. Listening to information, processing it, and writing it down is challenging.	Comprehension of instructions and expression of thoughts and ideas is often difficult. Parents need to be supportive; give information (e.g., directions for chores, etc) in writing for the child to refer to when needed; encourage open communication and asking of questions; never shame your child for slow processing or misuse of words.
Missing Assignments	Strategy
Children with ADHD have difficulty keeping track of information, lose track of time, and often turn in assignments late. They have intentions of being compliant, but lack organizational skills.	Develop a system and provide support at each stage of project completion; use checklists, labels, and color-coded binders/folders for all subjects; establish and keep a routine; prevent procrastination by rewarding focused activity.
Distractibility	Strategy
ADHD is marked by an inability to control what one pays attention to, and is not always a conscious decision. Children with ADHD are often unable to inhibit their responses to distractions, such as outside noises, movement, or their own thoughts.	Establish a daily homework routine with scheduled breaks; create a comfortable, distraction-free environment to facilitate focus; set a timer to increase focus; ensure your child is getting enough sleep; use music or white noise to reduce other distractions.
Immature Social Behavior	Strategy
Children with ADHD often have a hard time reading social cues, may misinterpret remarks, or miss the point of a conversation.	Involve your child in activities such as music, sports, or other hobbies to identify strengths; role play everyday situations with your child and allow them to practice these skills in a “safe environment”; encourage your child to interact with peers who can serve as positive role models.
Following Instructions	Strategy
Multi-step directions are notoriously difficult for children with ADHD, as they often only hear bits and pieces of the request.	Break down large tasks into multiple, smaller steps; create checklists and use reward systems when possible; use redirection and explanation rather than punishment for distraction.

Primary Care Behavioral Health