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Practical Tips for Kids with ADHD

A regular schedule:

Continue the same routine daily, from the time you wake up to bedtime. The schedule should include homework time and play time (including outdoor recreation and indoor activities such as computer games).

Have the schedule on the refrigerator or a bulletin board in the home. If a schedule change is made, make it as far ahead of time as possible. Everything in its place:

Have a place for everything and keep everything in its place. This includes clothing, backpacks, and school supplies.

Giving Instructions: Be specific in giving directions. For example, “Put the toys back in the shelf in the closet). Children need to understand what is expected of them, within a reasonable time frame for the task to be completed.

Make preparations for the next day: Laying out clothes, packing backpacks and setting the alarm clock can do done the night before. Time must be allotted ahead of time for preparing lunches in the morning.

Avoid distractions from routine: It is beneficial to avoid stimuli that will distract kids from their routine (i.e. watching TV or using the internet) in the morning time so that they can get to school on time.

Timers and Alarm Clocks: Set a regular time for homework and schedule breaks. Use homework and notebook organizers. Stress the importance of writing down assignments and tasks to do. Using a timer

for homework or for transitional times, such as between playtime and bedtime is also beneficial.

Bedtime: Bedtime must be at a regularly scheduled time as well. Children with ADHD often would rather stay up than sleep as they feel there is so much to do. Have a light snack, engage in low-key activities (such as reading a book), and have a set time to turn off the lights. Relaxation tapes may be used in assisting with sleep as some children with ADHD may benefit from the white noise in the background.

Role Model: It is very important for you to do your best to be organized. Role model neatness and organization allow your child to witness a successful day with routines!