

Managing Symptoms

1. Distractibility

Helping kids who distract easily involves physical placement, increased movement, and breaking long work into shorter chunks.

2. Interrupting

You can use discreet gestures or words you have previously agreed upon to let your child know they are interrupting. Praise your child for interruption-free conversations.

3. Impulsivity

Methods for managing impulsivity include behavior plans, immediate discipline for infractions, and ways to give children with ADD/ADHD a sense of control over their day.

4. Fidgeting and Hyperactivity

Strategies for combating hyperactivity consist of creative ways to allow the child with ADD/ADHD to move in appropriate ways at appropriate times.

5. Trouble Following Directions

Helping children with ADD/ADHD follow directions means taking measures to break down and reinforce the steps involved in your instructions, and redirecting when necessary.

Best Practices

- Follow a routine.
- Use clocks and timers.
- Simplify your child's schedule.
- Create a quiet place.
- Do your best to be neat and organized.
- Keep your child busy.
- Set clear expectations and rules.
- Encourage movement and sleep.
- Help your child eat right.
- Teach your child how to make friends.



Tips for Parents:

Coping with ADD or ADHD



*From your School
Counselor*

*Adapted from www.helpguide.org.

The educational environment can be a challenging place for students with ADD or ADHD. Tasks students are asked to complete in the classroom and while doing homework, sitting still, listening quietly, and concentrating, can be difficult for them.



As a parent, you can help your child cope with these difficulties and meet their academic potential. You can do this by equipping your child with learning strategies for the classroom and communicating with teachers about how your child learns best. With support at home and teaching strategies at work in the classroom, your child can succeed in school.

Helping with Homework

1. Getting organized

- Establish a specific folder for finished homework.
- Help your child organize his or her belongings on a daily basis, including his or her backpack, folders, and even pockets, until this becomes routine. Check occasionally to ensure the routine is being maintained.
- Help your child learn to make and use checklists, crossing items off as they are accomplished.
- Help organize loose papers by color coding folders and showing your child how to hole-punch and file appropriately.



2. Getting it done and turning it in

- Pick a specific time and place for homework that is as free as possible of clutter, pets, and technology.
- Allow your child breaks as often as every ten to twenty minutes (if necessary, use a timer).
- Teach a better understanding of the passage of time: use an analog clock and timers to monitor homework efficiency.
- Set up a homework procedure at school: establish a place where your child can easily find his or her finished homework and pick an appropriate and consistent time to hand in work to the teacher.