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ADHD Parenting Guide



WHAT THIS IS

Children with ADHD often struggle with skills like planning, starting tasks, and managing emotions. These are skill gaps, not laziness or defiance.

HOW TO USE IT

1. Pick one challenge area.
2. Try a strategy for two weeks.
3. Notice strengths and celebrate them.

EXAMPLE

"Instead of 'Clean your room!': 'Put the books on the shelf. I'll set a 5-minute timer.'"

Time

Visual timers, countdowns, and clocks they can see.

Getting started

Break tasks into tiny steps. Start together for the first 2 minutes.

Organization

One home for each item. Checklists and color-coded folders.

Emotions

Name feelings, offer breaks, and practice calm skills together.

Focus

Reduce distractions. Short work bursts with movement breaks.

Memory

Give one direction at a time. Write it or show it.

My child's strengths

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_____

One challenge and my plan

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ADHD is diagnosed by a qualified professional. This guide is general education. Talk with your child's pediatrician or a licensed provider about assessment and supports.

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