5 Tips for supporting ADHD – everyday situations

|  |  |
| --- | --- |
| **1** - Being part of the group  Watching your child struggle in social situations can be upsetting, but it’s important to remember it’s not his fault  Issues with impulse control and social cues can cause him to disrupt other kids’ games or get upset if things don’t go his way. | **Tip:**  [Role-playing](https://www.understood.org/en/friends-feelings/common-challenges/following-social-rules/4-social-situations-to-role-play-with-your-child), or acting out a situation that your child is likely to encounter, can help him know what to say or do to achieve a positive outcome  Before he goes to the park, pretend to be a potential playmate so your child can practice asking to join in a game |
| **2** - Being prepared for the day  Those with [ADHD](javascript:void(0);) tend to be disorganised, with messy rooms and overflowing backpacks.  That means they often can’t find the important items they need for the day, such as homework, books, house keys and calculators | **Tip:**  Putting together a checklist of the next day’s activities and the things your child will need can help him keep track of his belongings |
| **3** - Finishing Chores  Your child may have good intentions when it comes to doing [chores](https://www.understood.org/en/family/managing-everyday-challenges/daily-expectations-child/5-smart-chores-for-kids-who-have-trouble-completing-tasks), but that’s usually not enough to get the job done  Kids with ADHD have a hard time finishing what they start, especially if it’s a multi-step task | **Tip:**  Using [chore organisation tools](https://www.understood.org/en/family/managing-everyday-challenges/daily-expectations-child/5-tips-for-helping-your-child-stay-on-top-of-chores) like charts and checklists can help your child keep track of what he needs to do from start to finish  Creating a “chore playlist” of songs and challenging him to finish before the playlist ends may also keep him on task. |
| **4** – Getting out of the door  Even if the morning drill is pretty much the same every day, your child may struggle to get everything done in time  This isn’t surprising, since kids with attention issues often have [difficulty with planning](https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/organization-issues/understanding-your-childs-trouble-with-organization-and-time-management) and figuring out the next step | **Tip:**  Creating a picture schedule or one with few words may help your child stay on track  You can also let him create his own solution  Try having him draw out the steps for what needs to get done or make a giant checklist to hang on his door |
| **5** – Tackling Homework  Kids with ADHD have difficulty settling down and focusing after the long school day.  They also rush through work and make careless mistakes because they can’t remember the directions or sit in one place long enough to double-check work | **Tip:**  Break down your child’s assignments into smaller pieces  Encourage him to walk the dog or do some other sort of exercise during homework breaks  [Creating a homework station](https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/at-a-glance-how-to-make-a-portable-homework-station) that’s free of distractions may also help keep him engaged longer. |