## Appendix A2. Tips for Parents of Children with ADHD

### General
- Schedule one on one time with your child every day to let her/him know how important s/he is to you. Even 10 to 15 minutes regularly, will make a difference.
- Educators and other “teachers” will change. As the parent, you will not. You are his best and most important teacher.
- Be aware of and notice your child’s strength areas and look for opportunities to praise him.
- Be aware that children with ADHD benefit from more frequent feedback.
- Remain calm and in control.
- Model the behavior you would like to see from your child.
- Use schedules and routines
- Post lists and reminders for the routines in places they will be seen.
- Discuss the behavioral goals with your child.
- Discuss the behavioral target(s), expectations and the feedback with your child’s other caretakers so she gets a consistent message.
- Give directions one at a time.
- Track your child’s response.
- Provide feedback constructively and immediately.
- Target one to three behaviors at a time for shaping.
- Use desired activities (TV, video games) as privileges/rewards for success on behavioral targets.
- All day is a long time for your child and you to work on behavioral goals. Therefore, consider focusing on the behavior(s) for close tracking and feedback for an hour a day or around a regular routine.
- Assure regular mealtimes and good rest for your child and you.

### Younger Children
- Routines are very important.
- Post pictures for the order of routines you’d like her to learn (e.g., the steps to get ready for bed).
- Balance higher energy and quieter activities through the day.
- Choose your battles – ignore minor misbehaviors.
- Give choices but limit the number.
- Avoid high-risk situations and times of day (shopping mall, grocery shopping on the way home).
- Review the “rules” (hands to self, inside voices) immediately before venturing into a community setting.
- Consider taking “practice trips” that will allow you to implement a consequence (leaving if the rules are not followed) without disturbing your planned and needed shopping trip.

### School-age Child at Home
- Invite peers one at a time to reduce stimulation, encourage friendship and allow you to provide feedback about what went well.
- Include homework time as a part of the family routine.
- Organize a non-distracting place for homework.
- Check your child’s backpack everyday and help her organize the homework into doable chunks.
- Suggest brief breaks between the ‘chunks’ of homework.
- Use the activities your child enjoys as incentives for getting work done (homework and chores).
- Help your child use a system (e.g. labeled folders for each subject) to get the homework back to school.
- Many children benefit from work with a tutor, and a high school or college-age student might be a less-costly choice.
- Use repetition (going over the spelling list, math facts).
- Be aware of those long-term assignments. Post the information. Discuss a timeline and stick to it.
- Communicate with your child’s teacher about homework, grades, and behavior.
- If your child is struggling, consider requesting evaluation for Section 504 or IDEA, especially if there is concern about possible learning disability.

### Child at School
- An orderly and predictable classroom setting.
- Consistent rules and expectations.
- Regular breaks.
- Quiet work areas.
- Seating near where the teacher does the teaching.
- Include a curriculum about time management and study skills.
- Assess student’s abilities to get homework assignments written down and remember to take needed items home. Consider targeting and shaping these skills.
- Teach self-monitoring and self-reinforcement skills.
- Establish a system of daily communication (school-home note card) about progress on targeted behaviors and learning areas as well as a double-check on homework.
- Link school performance with home rewards that you and your child define before-hand.