



Tips for Parents - ADHD

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Children with ADHD can have lots of energy and their brains are full of ideas and creativity. However, they can also struggle to focus, be forgetful, and experience emotional ups and downs. Here are some tips from experts and parents about how to support children with ADHD.

Tip 1 – Learn about ADHD

Children with ADHD might find some things challenging, but they also have incredible strengths. Learning more about your child's experience of ADHD can help you to have empathy and understanding.

Tip 2 – Give short, clear instructions

Kids with ADHD can easily be overwhelmed or struggle to remember things. It can really help to speak clearly and not ask too much of them all at once. Give simple instructions and break tasks down into smaller steps.

Tip 3 – Create routines your child can follow

Creating routines and rituals can make it easier for children with ADHD to remember what they need to do. Work together to create routines which are right for them, for example before and after school, or when they are getting ready for bed.



Tip 4 – Help your child with organisation

Organisation is a skill that children learn which helps them to manage their time, homework or chores around the house. Your child might need some help exploring different approaches such as using lists, visual timetables and reminders.

Tip 5 – Set clear boundaries

When you're in a calm state of mind, be clear with your child about what is and isn't acceptable. Make sure that any consequences for crossing boundaries are short, meaningful and delivered calmly without fear or shaming.

Tip 6 – Pick your battles

However hard you might be finding a certain behaviour, it's probably twice as difficult for your child whilst they are experiencing it. Consider which areas are the most important for them to focus on to make their life easier.

Tip 7 – Avoid triggering situations

School days can be hard for children with ADHD, and your child might direct their emotions and frustrations at you once they get home. Be kind to yourself and them by avoiding unnecessary tasks and situations that you know are triggering.

Tip 8 – Work with the school

Children with ADHD might need reasonable adjustments at school such as visual timetables, regular breaks or written instructions. The school can also make days easier to manage by adapting their expectations.

Tip 9 – Praise your child when it feels right

Everyone likes to receive positive feedback, but because children with ADHD need to work harder to concentrate, remember things, and to keep calm, they can benefit from extra encouragement and regular praise.