

ADHD: Tips for Parents

Children with ADHD can have lots of energy, and their minds are often full of ideas and creativity. They may also struggle to focus, be forgetful, and experience emotional ups and downs. Here are nine tips from experts and parents for supporting children with ADHD.

Tip 1 — Learn about ADHD

Children with ADHD may find some things challenging, but they also have incredible strengths. Learning more about your child's experience of ADHD helps build empathy and understanding — for them and for you.

Tip 2 — Give short, clear instructions

Children with ADHD can be easily overwhelmed and may struggle to retain information. Speak clearly, avoid asking too much at once, and break tasks down into smaller, manageable steps.

Tip 3 — Create routines your child can follow

Predictable routines help children with ADHD remember what is expected of them. Work together to build routines that suit your child — for example, morning and after-school routines, or a consistent bedtime wind-down.

Tip 4 — Help with organisation

Organisation is a learned skill, and your child may need support finding approaches that work for them — such as to-do lists, visual timetables, or reminders to help manage time, homework, and household tasks.

Tip 5 — Set clear boundaries

When you are in a calm state of mind, be clear with your child about what is and is not acceptable. Any consequences for crossing boundaries should be short, meaningful, and delivered calmly — without fear or shame.

Tip 6 — Pick your battles

However difficult a particular behaviour feels for you, it is likely twice as hard for your child to manage in the moment. Consider which areas are most important to focus on, and let smaller things go where you can.

Tip 7 — Avoid triggering situations where possible

School days can be exhausting for children with ADHD, and they may direct pent-up emotions at you when they get home. Be kind to yourself and to them by avoiding unnecessary tasks or situations you know are likely to be triggering at difficult times of day.

Tip 8 — Work with the school

Children with ADHD may benefit from reasonable adjustments at school — such as visual timetables, regular movement breaks, or written instructions. Schools can also help by adapting their expectations around concentration and behaviour.

Tip 9 — Praise your child

Everyone benefits from positive feedback — but because children with ADHD work harder to concentrate, remember things, and stay calm, they can particularly benefit from regular encouragement and genuine praise when things go well.