

Top Tips for Parents Supporting Children with ADHD

1. Keep routines predictable

- Children with ADHD thrive when they know what to expect.
- Use simple visual timetables, checklists or a written calendar that they can refer to.
- Keep morning and bedtime routines consistent.



2. Break tasks into small steps

- Large tasks can feel overwhelming.
- Offer one instruction at a time.
- Celebrate each small success.

3. Use clear, calm communication

- Get your child's attention before speaking.
- Keep instructions short and concrete.
- Avoid giving multiple directions at once.

4. Build movement into the day

- Regular physical activity helps with focus and regulation.
- Use short movement breaks between tasks.
- Encourage activities like jumping, stretching, or outdoor play.



5. Create a distraction-reduced space

- Keep homework or quiet areas simple and uncluttered.
- Remove unnecessary noise or visual distractions.
- Offer tools like fidget items or noise-reducing headphones.

6. Use positive reinforcement

- Notice and praise effort, not just outcomes.
- Be specific: “I love how you started your homework straight away.”
- Use reward charts or tokens if helpful.

7. Support emotional regulation

- Teach simple strategies like deep breathing or counting to ten.
- Model calm behaviour during stressful moments.
- Validate feelings before problem-solving.

8. Build in choices

- Offering choices increases cooperation and independence.
- Keep choices simple: “Blue jumper or red jumper?”

9. Stay connected with school

- Regular communication helps ensure consistent support.
- Share strategies that work well at home.
- Ask about adjustments or supports available.



10. Look after yourself too

- Parenting a child with ADHD can be demanding.
- Take breaks, seek support, and connect with other parents.
- Remember: your wellbeing supports your child’s wellbeing.