

Home based interventions for children with ADHD:

- **Make sure you have their attention / Eye contact:** If your child does not respond when you say their name, get down at their eye level, touch their shoulder and make sure you have eye contact before giving instructions.
- **Paraphrase:** Have your child paraphrase what you said to be certain they understood both the content and the underlying meaning.
- **Break large tasks into small tasks:** Depending on their developmental age and ability, giving one small task at a time is a great way to start. Once they have mastered that, you can try two tasks at a time and see how they do. Sometimes it may be helpful to write down the tasks they need to complete. If it is too difficult, stay at one task at a time until they are ready.
- **Use visual cues, reminders and lists:** For younger children, having a picture chart to remind them of tasks, chores, or assignments they need to complete is extremely helpful. For older children, posting lists and reminders in places that are often viewed like the refrigerator, bedroom door or front door can be very helpful.
- **Setting alarms:** You can use alarms in multiple ways. You can set alarms for specific times they need to do things to help them remember. You can also use alarms when doing tasks to make it fun and keep them focused. For example, if they need to pick up something in their room, set an alarm for 5-10 minutes and have them play "beat the alarm."
- **Attention breaks:** Try to break activities that require a lot of attention into chunks of time. For example, have them work on homework for 10-15 minute increments with 3 minute breaks in-between. It is helpful if the break involves movement such as doing jumping jacks or getting up to move around.
- **Stop and think:** Strategies can be taught to children that include analyzing the situation and the potential consequences of behavior, and then utilizing strategies to inhibit their initial impulses.
- **Identify triggers of undesired behaviors:** Identify times when your child is more impulsive. Then, provide reminders prior to the activity (i.e. if your child is impulsive on the playground, remind him/her of the rule as they get ready to go out to play).
- **Limit screen time:** Limiting screen time can greatly help reduce the amount of undesired behaviors. To test this, try going 1-3 days without any screen time and see if you notice a difference in your child's behaviors. It is helpful to limit screen time to one hour or less per day.
- **Exercise:** Exercise is incredibly beneficial for children with ADHD.
- **Get plenty of sleep:** Children with ADHD require a good night's sleep. It is difficult for them to control their behaviors and focus on a good day, but when they are sleep deprived it is incredibly challenging. On average, children need 8-10 hours of sleep per night.
- **Distraction free environment for homework:** Use an area of the house that has limited distractions when doing homework. For most children with ADHD, it is helpful not to have the TV on or music playing.
- **Celebrate your child's successes:** Children with ADHD frequently hear about the things they are not doing well which can negatively impact their self-esteem. Providing positive feedback for your child is incredibly important. Be sure to praise your child for completing a task or displaying positive behavior.