



Center *for*
Personal Wellness
Psychotherapy and Consultation

3 HOMEWORK TIPS

for your

ADHD

child

3 Homework Tips for your ADHD Child

Are you ready to pull your hair out during homework time?

Since you decided to pick up this guide, I'm going to guess that the answer is yes! You want homework time to be less stressful. For both you (the parents) and for your child. You want to be able to see your child succeed and feel less stressed and overwhelmed.

Well, I'm glad to hear it. And I'm excited to help!

Back to school means back to homework. It may also mean arguments, tears, and frustration, because homework demands more discipline and consistency than many children with attention deficit hyperactivity disorder (or any kids, for that matter!) can muster.

You can make it easier by creating a homework routine built around these 3 tips: **When, Where, and How**. While the steps are not complicated, making them a habit still takes time. Be patient and remember that every day is a chance to try again. I encourage you to revisit this guide on a regular basis to remind yourself of your goal and together we will get you and your child on a successful path.

- Laura Roetgerman, Psy.D

Who we are...

The Center for Personal Wellness is a counseling, consultation and coaching boutique style practice located in Minster, Ohio. We strive to provide the highest quality of care and individualized services for each of our clients, no matter the age or issue. At CPW, YOU are the priority!

How to use this guide...

On the following pages you'll find our 3 homework tips to help your ADHD child. It's important to remember patience and persistence are key elements in learning to work with your ADHD child. There will certainly be bumps in the road, but the payoff will be worth it!

TIP #1: WHEN - Set a specific time for homework

- **Schedule homework for a set time each day.** Base this on your child's temperament. Perhaps he's at his best right after school, or maybe after an hour of downtime. Avoid late evening, which for most children is meltdown time.
- **Be consistent from day to day.** If after-school activities make that impossible, post a daily plan or weekly calendar in your kitchen that includes homework start and finish times each day.
- **Schedule enough time to complete assignments** without rushing, based on your child's grade level and history of completing assignments.
- **Give advance notice of homework time.** This is important, because kids with ADHD don't easily shift from one activity to another — especially from fun time to work time. You might say, "You can play for 15 more minutes, then come in for homework."



Tip #2: Where

- **Help your child select a homework place.** Try the kitchen table, where she can spread out materials. Or perhaps your child would like to sit at a desk in the quiet den.
- **Steer clear of proximity to electronics (TV, CD player).** But if your child concentrates best with soft noise, try some gentle background music.
- **Stay nearby (if possible).** Kids with ADHD concentrate better when they know you're close by. If your child needs to use the bathroom, remind him to come right back afterward. After he leaves the bathroom, remind him to return to his work.

ADHD Tip...

Parenting Skills Training: Children with ADHD benefit from parents who are not only knowledgeable about their condition, but are also knowledgeable when it comes to meeting their unique needs and dealing with common behavioral traits. Parenting skills training can help parents learn effective ways to discipline bad behaviors and to reward good behaviors. It can also help parents understand what their children need to be successful, including rules, consistent routines and organization.

TIP #3: How

- **Set up rules.** Draft and print a sheet that specifies: homework start and finish times; place; when and how long breaks are; and that you will be nearby to help her understand assignments, get organized, offer support — but not do the homework for her. Avoid arguments — calmly refer her to the Homework Rules.
- **Help him start.** Make sure your child knows what the assignment is and how to proceed. Offer assistance that matches his learning style. For a verbal processor, read directions to him or have him read them out loud; for a visual learner, show him how to use highlighters and colored markers to outline key words and sentences.
- **Keep him going.** If your child tries to stop before he's finished, encourage him to go on a bit longer, and remind him there'll be a break soon.
- **Give her a break.** Kids with ADHD may become fatigued due to distractibility, challenges to concentrating, frustration, and restlessness. Help your child recharge by scheduling frequent, short breaks.
- **Check in at the finish.** Review your child's work to see if it is complete. If your child consistently takes more time than she should, speak to her teacher to see if he's willing to adjust the amount of homework.
- **Offer praise.** Compliment your child when he stays on task, works with focus, is creative, and so on. Be specific. Say, for example, "I like the way you concentrated on that problem and stuck with it until you solved it." Give him an acknowledging pat or a squeeze mid-homework, too.
- **Give rewards.** It's OK to offer a "prize" to motivate. For a younger child, try extra playtime, a favorite snack or game, or a special read-aloud; for an older child, a favorite TV program, computer time, or phone time.
- **Stick with it.** A new homework routine requires solid commitment. It takes one to three months for a routine to become a habit — even longer for a person with ADHD. But the payoff is discipline, self-control, and success-building skills.



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Are you ready for more?

If this guide has inspired you to take even more action, then give us a call. Our counseling, workshops, and coaching services are each designed to give you supportive and personalized guidance. This customized approach helps you get the most out of working with the Center for Personal Wellness, no matter what service you choose.

If you are ready to get a helping hand and take your life to the next level, please visit our website and let's get started today.

<http://www.centerforpersonalwellness.com/contact.html>