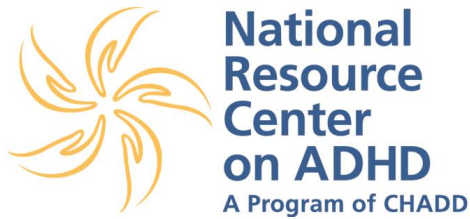


Ask the Expert

All in a row: Getting your kids with ADHD organized



Holly Hitchcock Graff, CPO, PCC

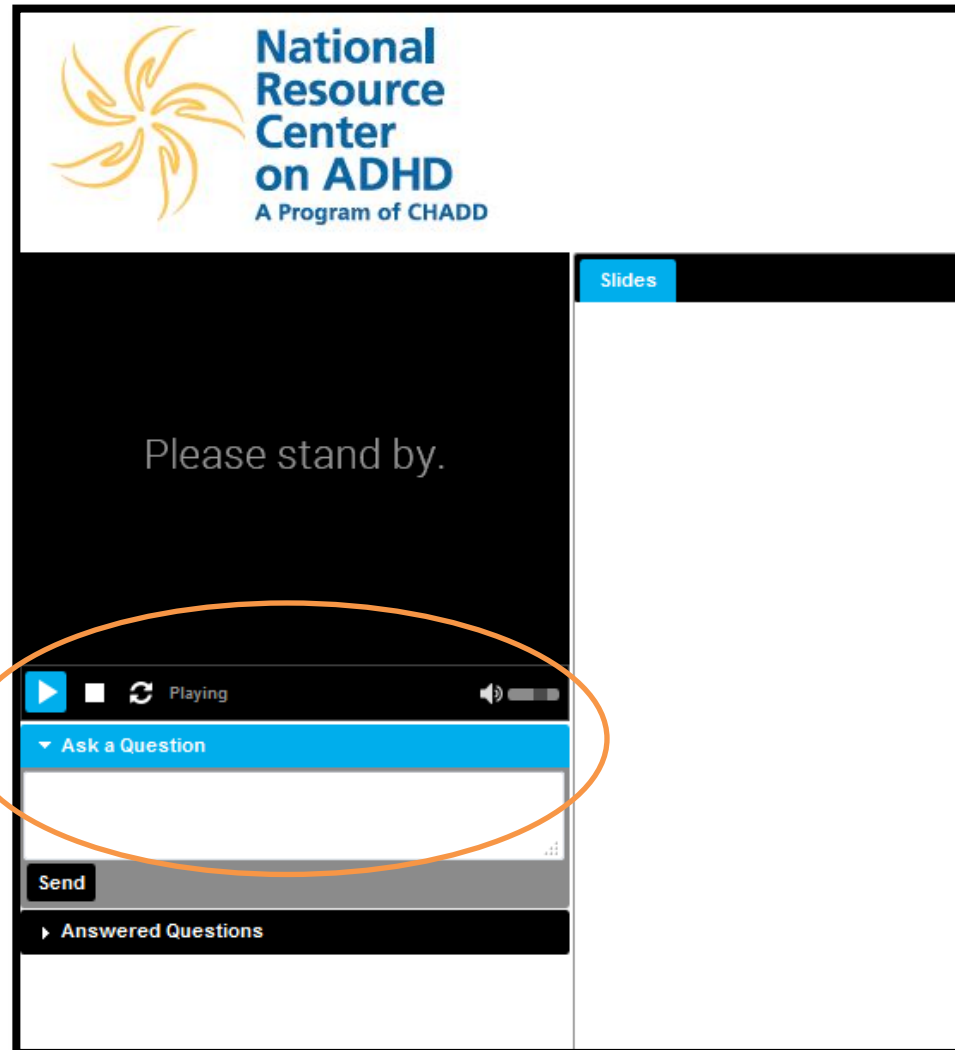


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Keep organizing simple!



- Organizing for children needs to be easy
- One or two directions at a time
- Keep it to a small area or part of a room
- Short increments of time
- Use a timer or Post-it Notes if needed

Look at Organizing with a Child's Perspective

- Look at child's room at their level
 - Get down on the floor
- Dressers with drawers – can't see what's in there!
- Shelves in the closet that are open
- Baskets & bins



Family Organizing

- Make it family fun – together
- Have the same rules
 - Mom & Dad on the same page
- Stay in one room
- Teach family responsibility at a young age
- Use variety, fun and color



Family Organizing

- Give everyone “one” thing to pick up & put away
 - Specific toys for each to pick up
 - Mom picks up blankets & folds
 - Dad picks up the newspapers & puts in recycle
 - Toddler collects all the dolls and puts in bin
 - Another child picks up the books
- The 5 minute organize



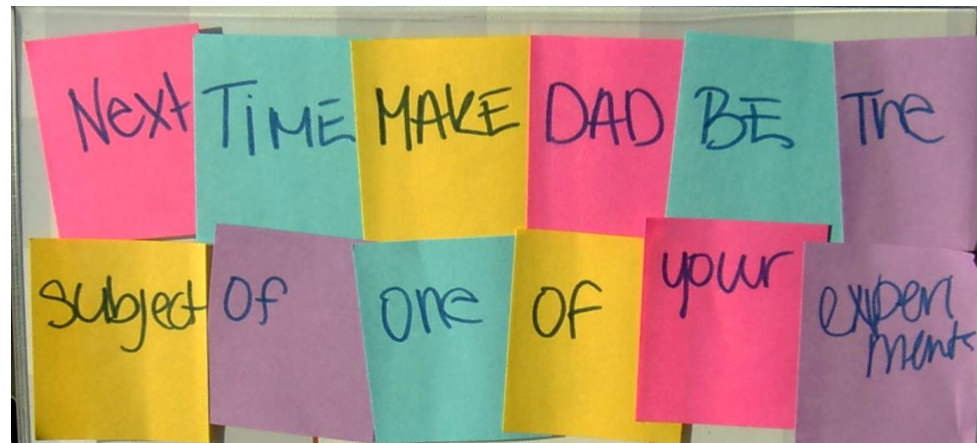
Make it Rewarding!

What's the fun if there's no reward?

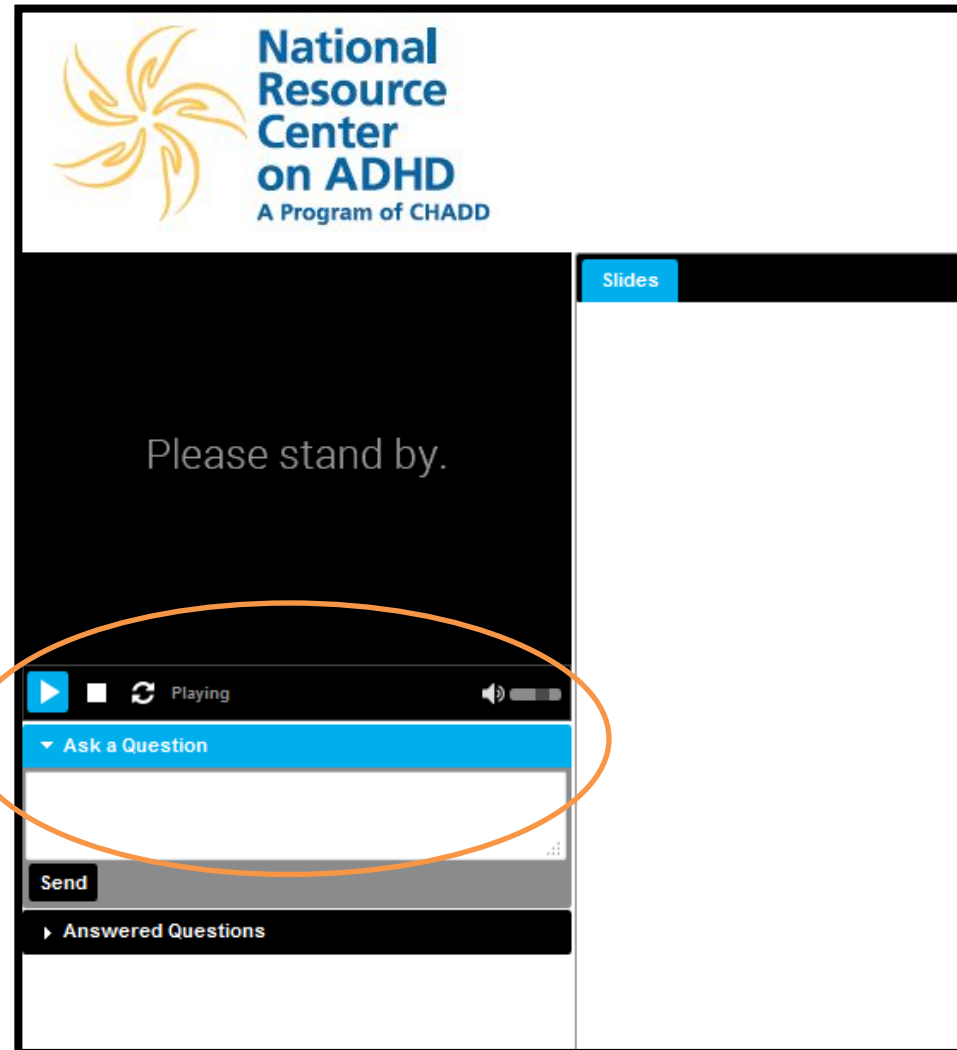
- For smaller children, at the end of organizing:
 - Read a book together before bedtime
 - A healthy snack
 - Start a sticker chart for jobs done

Make it Rewarding!

- For older children:
 - Allowances
 - Work towards a book, dinner, pizza or movie



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