Homework Help for ADHD: Tips For Getting Started

- Before getting started, make sure your child has the supplies needed to do homework: planners, daily checklists, folders, pens, pencils, erasers, paper, calculator, computer, textbooks, timer, etc.
- Involve your child in setting up the space to help figure out what works best for him or her early in the school year.

- Remove or minimize things that distract or cause stress. Position desks or tables so they face away from doors or windows, and relocate the television.
- If possible find an open space or accessible room with good lighting. Although your child might like to do homework on the floor, having an uncluttered table or desk available is a good idea.

- Use color-coded folders to remind your child what goes where.
- Create a folder for completed homework assignments that travels back and forth between home and school.
- Divide big assignments into smaller ones.

- Help your child read the homework directions. Use colored pens or highlighters to highlight the main part, questions, and instructions.
- Write down important information so it can be accessed easily.

- Set up a consistent time for your child to do homework. It’s important to establish routines and expectations.
- Use a timer to manage attention and help your child stay on task.
- Schedule short breaks (5–10 minutes).
- Encourage your child to move around during breaks.

This infographic is supported by the Cooperative Agreement Number NU38DD00537 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.