

CHILDREN CAN THRIVE WITH ADHD

Children with ADHD have many natural strengths, but sometimes their busy brains can be tough to manage. ADHD can make it hard to pay attention, remember the little things, work through big feelings, and think before doing. Here are some tips that can help.



1. GET ORGANIZED

- Keep your stuff neat and tidy by making sure everything has its place.
- Use clear bins and colorful folders so it is easy to put things and papers away.
- Stay organized by using a checklist and put them where they are easy to see.

2. GET TASKS DONE

- Break big tasks into small steps.
- Use a timer to stay on track.
- Find a spot without distractions to work.
- Turn boring tasks into games to make them more interesting.



3. STOP AND THINK



- Before you act, take a deep breath. Count to 10 slowly.
- Ask yourself, "Is this a good idea? What's the best way to say or do what I want?"

4. PLAY AND MOVE



- Give yourself a daily move challenge.
- Play outside when you can, and take breaks to stretch and move when you are indoors.
- Exercise helps your brain focus better.

5. HEALTHY HABITS

- Eat fruits, veggies, and whole grains.
- Drink lots of water.
- Get enough sleep each night— a regular bedtime and wake time helps.
- Take breaks from screens like your phone, computer, game system, or TV.

6. ASK FOR HELP

- It's okay to ask for help.
- Talk to your parents, teachers, or doctor if you need support. Let them know when something is not working.



7. STICK TO YOUR ADHD TREATMENT PLAN

- Set reminders and alarms to help you remember to take your medication and keep track of appointments with your doctor or therapist.



8. LEARN WHAT WORKS FOR YOU

- Different tips work for different people. Try things like background music, fidgets, or standing up to do work and check how they help.
- Talk to your parents and teachers about your unique brain and what you need to get things done.



Remember: You are awesome, just the way you are! Keep trying your best, and do not forget to celebrate your successes!



**CHADD's
National
Resource
Center
on ADHD**