

Caregiver Self-help Recommendations for Potential ADHD Inattention

Provide daily structure and stick with it.

Minimize distractions when doing tasks such as homework; child should not be in a high traffic level in the house , by the TV, or having siblings playing close by.

Break down tasks into simple sequential steps.

Consider using timers, clocks as visual cues for the child.

Allow child to stand during tasks like homework.

Give breaks every 15 minutes.

Use a daily planner.

Reinforce good behavior with treats, tokens, tickets.

Organize your house.

Call child's name before giving directions; make sure he/she is focused on what you are saying.

Establish good eye contact as a way to make sure he's attending.

Have all materials in one place -e.g., backpack.

Focus on child's strengths