

ADHD Homework Tips

Getting homework done is a common problem for children with ADHD. For success, a parent will need to **BE ACTIVELY INVOLVED!** Here is a list of helpful hints!

- Set up a regular place and time for your child to do their homework.
- Make homework time early enough so that the child's medicine is still working.
- Remove things that take attention away from homework (TV, objects, pets) Sometimes children with ADHD study better with music in the background. Choose music with no words, like classical music.
- Divide homework into smaller parts. Have only one part in front of them at a time. Children with ADHD will say, "I'll never be able to do all of this!" If they only see one section of the work at a time, the child may not feel defeated before they even get started.
- Help them get started. Read the directions together and answer a couple of questions together. Stay and watch them answer a question on their own. Then, let them work on their own. You will need to stay near by or check on them to see if they are still working.
- Use a kitchen timer. Set a kitchen timer for 10 to 15 minutes and ask your child to work without stopping until the timer rings. When the timer rings, let them take a very short break to have a drink or snack. Then repeat setting the timer for 10 to 15 more minutes.
- Help children who rush through homework to slow down. Again, set a kitchen timer for 10 to 15 minutes. Tell your child to use all of the time on the clock to make sure they use their best hand writing or to find their best answer.
- Help your child study for tests. Have your child look over what they are being tested on. Then ask the child questions about what they have studied. Pretend like you are playing a TV game show. Children with ADHD often do better studying when it seems like they are playing. For younger children, use flash cards to practice math skills or spelling words. Children can make their own cards on pieces of paper.
- Help children complete bigger projects. Read the teachers project description. Help your child divide the project into smaller sections. Write the smaller sections on a calendar or in the child's assignment notebook. Complete the smaller sections like they are regular homework.
- Make sure that your child puts homework they have finished in their backpack. Children with ADHD are often forgetful.

Compiled from the following sources:

psychcentra.com/lib/adhd-behavioral-interventions-for-the-home