



THRIVE

Behavior Management Strategies for ADHD

Timers

Timing tasks can act as an audiovisual reminder to improve focus and attention (ex- keep in bathroom for morning routine, use for homework, screen time, or chores)

Hone-in on one thing at a time

What is the biggest issue right now? Focus on modifications to improve that one problem (ex- getting out of the house on time, finishing homework, turning homework in, chores, etc.)

Routine

Get into a habit of doing the same things each morning, afternoon when home from school or before bed. Each step should be short, doable and very specific.

Incentivize

Use sticker charts or similar system, like marble jar, to check off things that were done on time or days that all tasks were completed and agree upon a reward for filling the chart or jar. Also, reward effort not just results.

Visual reminders

Picture charts, signs, checklists, sticky notes, red sticker on no-touch things like remote control, seat belt button, etc.

Emphasize the positive

Phrasing things with instructions of what TO DO will be better received/processed, and less frustrating for both parties than saying what NOT TO DO (ex- "Please put your hands in your lap." Instead of- "Stop hitting your sister.")

*For more tips and tricks check out ADDitudeMag.com