

Managing ADHD at Home

Suggested Tips for Parents/Caregivers That May Help Children With ADHD

Has trouble staying seated

Minimize distractions

- While doing homework and other quiet activities, make sure that your child has a quiet place to work. If possible, this space should not be near doors, windows, or high-traffic areas. You may also find it helpful to play white noise or soft music in the background.

Change up the seating arrangements

- Have your child sit in a beanbag chair or on the floor if he or she is not able to work well at a desk or table.
- Switch between “seated” activities and ones that let your child move around. It may also be helpful to let your child stand while doing homework or other “seated” activities.

Schedule “brain breaks”

- If your child has trouble staying seated, try to reduce the amount of sitting time. Allow for study breaks when your child has completed an assignment or part of an assignment.
- Encourage your child to stretch, move around, and reenergize.

Keep supplies close at hand

- Make sure your child’s work space has easy access to supplies he or she may need to do homework. Getting up to look for items can end up getting in the way of completing tasks.

Give your child a “fidget toy”

- Fidgeting is not always a problem and may even help some children with ADHD focus. If your child will not stay seated when he or she is supposed to, try a “fidget toy.” This could be a stress ball, a pipe cleaner, worry beads, or another quiet, handheld object. Having something to hold in his or her hands may help your child stay calm and sit still.

