



Virginia Mental Health
Access Program

8 Ways Parents Can Help Kids with ADHD



Create a routine and stick to it.

When it comes to building routines, start with events that happen every day. If your child is struggling with a routine, try visual flip charts or task lists.



Stay organized.

When children are messy or forgetful, we resort to nagging or constant reminders. Instead, try natural consequences and introduce helpful organization skills.



Limit choices and distractions.

Offer only two choices instead of three or four, decrease television time, and carve out some quiet space in the home away from distractions.



Use effective discipline.

Establish clear rules and expectations kept where your child can see them, and consistently follow through with a system of rewards or consequences.

Learn more about childhood ADHD on our blog post:
[“Kids with ADHD: 8 Ways Parents Can Help”](#)



Encourage healthy habits.

Helping your child develop healthy habits with their nutrition, sleep, and physical activity can make a big difference in how they manage their symptoms.

Nutrition

Establish consistent meal and snack times each day, and keep nutritious food choices in the home.

Sleep

Implement a calming, consistent bedtime routine that gets them into bed around the same time every night.

Exercise

Exercise can reduce ADHD symptoms and improve outcomes. Try sports, martial arts, or playing outside!



Focus on their strengths.

Your ability to be a source of positive reinforcement in your child's life can do wonders for their self-esteem. Encourage them to pursue their interests!



Educate yourself on ADHD.

Whether your child has just been diagnosed or you've known for a while, it's important to get curious and learn all you can about how it's impacting them.



Be their biggest advocate.

Your child's ADHD may mean they struggle more with social skills and academics than their peers, and you can seek accommodations for them at school.

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