

ADHD Resources

Books

I can't find my whatchamacallit (Julia Cook)

It's Hard to be a verb (Julia Cook)

Planning isn't my priority (Julia Cook)

Learning to Slow down and pay attention (Kathleen G. Nadequ and Ellen B. Dixon)

Eagle Eyes (Jeanne Gehret)

Tips from above books:

- Follow a daily schedule (could make up a song about getting ready for school, "The Morning Song." (in Eagle Eyes)
- Soft music at night to help relax and quiet thoughts
- Reduce clutter in child's room by helping him/her sort belongings into assigned places (choose closed boxes rather than bins and soothing colors instead of busy wallpaper)
- Empty backpack frequently and follow through on notes he/she forgets to bring to your attention
- Find ways to calm child and help him/her focus: rubbing back, calming music, fidget, run a fan
- Teach your child how to wiggle the wiggles (from "It's hard to be a verb):
"Scratch your knees. Wiggles your toes. Stretch your skin. Crinkle your nose." "Shake your elbows. Bend at the waist. Dance in a circle, and scrunch up your face!" "You be in charge of all wiggles at large." "Wiggle them first so they can't make your burst"
- Practice using a focus squishy at home (can be anything soft to hold in hand); can find fidgets at places like Target and Dollar Tree; can also order on Amazon
- Nag Board: have a whiteboard with a list of things child needs to do to get ready for school and/or chores expected at home; make sure it is in a place where child sees it every morning

Ways To Remember (from "Learning to slow down and pay attention)

- Write yourself a note. (colored stick pads)
- Always put things in the same place
- Set kitchen timer as reminder
- When you think of something, do it right away
- If you need to take something to school, put it in one special place by the door
- Learn to stop and think for a minute before you rush out the door. "Let's see, have I got everything I need?"
- Use a calendar to keep track of activities and a "Things to Do" list next to it on a bulletin board
- Hang bulletin board where you will see it often
- Think about your day when you wake up. "let's see, today is Tuesday, so I have soccer practice after school. I need to take my soccer cleats."

Getting ready in the morning

- Put out clothes the night before
- Pack lunch the night before
- Get together everything you will need for school the next day
- Regular routine each morning
- Make a checklist of what to do each morning and put it on the wall where you will see it
- Don't play or watch TV until completely ready
- Set up a "launching" pad (a place to put everything you will take to school the next day)

Homework Tips

- Keep special assignment notebook
- Find quiet place to do homework
- Do homework when you are not too tired
- If you get tired of sitting, try standing up for a minute while you read
- Talk out loud and walk around room while you memorize math facts
- Reward yourself for finishing homework
- Work for 15 minutes, take a short break, work some more
- Have a special, brightly colored homework folder

Websites

<http://www.chadd.org/NRC.aspx> (make sure to check out this website)

<http://www.russellbarkley.org/index.html> (books, resources, etc.)