

Setting homework habits

A guide for parenting children with ADHD

Design a low-distraction workspace

ADHD brains are highly sensitive to environmental distractions. Some tips:

- Quiet spot at home, away from TVs, iPads and other electronic entertainment devices
- Declutter their study table. Only materials needed are visible
- Offer noise-reducing headphones
- Keep supplies, like water, snacks and stationary sets within reach, preferably in labeled drawers or cabinets



Break tasks into smaller sub-tasks

Long assignments can overwhelm working memory and increase loss in focus, sometimes avoidance.

Some tips:

- Divide every homework into 10-15 minute chunks
- Visual cues like timers work well
- Use checklists and tick-off completed tasks



Use positive reinforcement and build in breaks

Children respond best with immediate and specific feedback. Attention regulation is improved when movement breaks are weaved into homework routines. Some tips:

- Incorporate a 3-5 minute movement break every 20-25 minutes
- Use a timer to stay on track
- Praise effort and use a simple reward system like stickers, points, etc.
- Offer a reward for starting tasks, not just finishing them



What does my child need?

Your support. Stay calm and collaborative as connection improves cooperation. Every child responds differently to strategies, and it's important to find out what works best for them. Monitor and adjust your plan according to your child's needs and progress.

