

ADHD-friendly morning strategies

Tips for creating your child's school morning routine

Children, especially those with ADHD, thrive when there's a routine for daily tasks. It helps them self-regulate, as they know what to expect, and it can make school mornings easier for both you and them.

Start the night before

Yes, an effective ADHD morning routine begins the night before. Together, organize your child's schoolbag, books, clothes, and shoes so they're easier to find the next morning.

Set an alarm (with some buffer time) for your child and ensure they're asleep on time.



Create a checklist

Having a checklist is one of the most effective ways to create predictable structures. It removes surprises and keeps expectations clear.

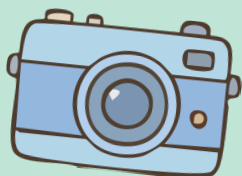
Visual schedules can be printed and attached to their bedroom door.

The power of feedback

Seeing their progress in real-time is highly motivational for children.

Daily check-ins, e.g. a Today's Report Card, offer immediate feedback.

Kids quickly learn to connect actions and outcomes, and this helps build motivation and confidence.



Visual aid is key

Take photos of your child dressed in everything they need for school. Alternatively, take photos of each item that needs to be carried to school. Numbering these from left to right reinforces a systematic approach to reducing forgetfulness.

Sample morning and afternoon routines for school days

Morning Routine Sample (same each day)

7:00 - 7:15	Wake up 
7:15 - 7:30	Shower
7:30 - 7:45	Get dressed
7:45 - 8:00	Breakfast 
8:00 - 8:15	Brush teeth, fix hair, makeup, etc.
8:15 - 8:30	Flex time
8:30 - 8:45	Out the door 

Afternoon Routine Sample (different each day)

	Monday	Tuesday	Wednesday	Thursday	Weekend
3:30 - 4:00	Free time 	Baseball 	Break	Homework 	
4:00 - 4:30	↓	↓	Homework	↓	
4:30 - 5:00	↓	↓	↓	Break	
5:00 - 5:30	↓	↓	↓	Dinner 	
5:30 - 6:00	Chores 	Break	Break	Baseball 	
6:00 - 6:30	Dinner 	Dinner	Dinner	↓	
6:30 - 7:00	Homework	Chores	Chores 	↓	
7:00 - 7:30	↓	Homework 	Free time	↓	
7:30 - 8:00	Free time 	Free time	↓	Chores 	
8:00 - 8:30	↓	↓	↓	Free time 	
8:30 - 9:00	Bedtime 	Bedtime	Bedtime	Bedtime 	