

# GUIDED SELF-MANAGEMENT

# FOR ADHD



## INTRODUCTION

Children with Attention-Deficit/Hyperactivity Disorder, or ADHD, often have difficulty paying attention, sitting still, and/or acting impulsively. They can have trouble learning, getting along with their peers, and behaving appropriately at school or home. These challenges can impact children's self-esteem and increase the likelihood they develop depression, anxiety, and/or disruptive behavior symptoms. Working with your child's primary care team can help you get ADHD symptoms under control.

The most effective interventions for managing ADHD symptoms in children and teens typically involve a combination of medication, behavioral techniques, and educational strategies. For children below age 6, experts usually recommend starting with behavioral interventions. In this guide, we focus on strengthening behavioral and educational skills by: 1) teaching parents how to increase structure at home and help with schoolwork; and 2) improving children's ability to plan, organize, and solve problems, skills that are commonly referred to as executive functions. The worksheets in this guide will explain the skills and help you and your child try them at home. All of the skills included in our guide are evidence-based, meaning they are strategies that have been tested and proven to be effective through rigorous scientific research. Many families have found these strategies to be beneficial; we hope they will work for you, too.

## SKILLS & EXERCISES

Each of the skill handouts includes an explanation of the skill, a description of how it will help your family, instructions for how to use the strategy at home, and a list of common questions and concerns parents and children usually have, along with our answers. The first 3 skills are for parents, and the next 6 skills are for children, with suggestions for ways parents can participate. You can read the scripts to younger children, and let older ones choose if they want to read it themselves or follow along with you. Work through the guide with your child and try out each new skill for about two weeks to see which fit your family best. See what's working and what's still challenging, then adjust as needed. Once you've found a set of skills that works for your family, keep at it until it the routine becomes second nature. It may be challenging at first, but the more you practice, the easier it will get to make these skills and exercises a part of your daily lives. Let us know how things are going and be in touch if you and your child need any additional support for management of ADHD symptoms. Good luck!

## FOR PARENTS



Skill 1

### Household Rules and Structure

These worksheets help you create and apply rules and structure at home and set clear and consistent expectations for your child and family.



Skill 2

### Homework Help

These worksheets provide ideas for helping your child complete homework in an easier and more organized way.



Skill 3

### Daily School Check-In

These worksheets help you link your child's behavior at school with rewards they can earn at home for good behavior.

## FOR CHILDREN AND PARENTS



Skill 4

### How to Solve Problems

This skill teaches your child to brainstorm different ways of solving a problem and, before taking action, evaluate which solutions are most likely to lead to success.



Skill 5

### How to Remember What I Need To Do

This technique helps your child keep track of important information, such as deadlines for school assignments.



Skill 6

### How to Get Things Done

This skill teaches your child to plan ahead in order to start and complete tasks without getting sidetracked, such as doing homework assignments or chores.



Skill 7

### How to Organize My Stuff

This strategy helps your child establish organizational systems, such as organizing their bedroom, backpack, or schoolwork.



Skill 8

### How to Manage My Time

These worksheets support your child in creating schedules, staying on task, and meeting deadlines.



Skill 9

### How to Feel Good About Myself

These exercises provide ways to identify your child's strengths and boost their self-esteem.