

ADHD Support Strategies for Home and School

ADHD affects attention, organisation, emotional control, and activity levels. Children and teens with ADHD often benefit from practical supports at home and at school. These strategies aim to help them focus, feel in-control, and succeed in daily life.

Home strategies

1. Daily Life

- Have a strong routine for morning and evenings.
- Use visual charts or checklists.
- Make sure you have the child's full attention before giving instructions.
- Avoid overloading—give one task at a time.
- Give warnings before transitions (e.g. "5 minutes left for playtime").

2. Homework & Study Support

- Create a quiet, distraction-free space.
- Use timers to set focused work periods with breaks.
- Break down assignments into smaller steps with small rewards for completion of a step.

3. Positive Behaviour Support

- Catch and praise effort (not just results).
- Use reward systems (stickers, points, activities).
- Be consistent and clear with consequences.
- Offer calm correction instead of reactive discipline.

4. Emotional & Social Support

- Talk regularly about successes and struggles.
- Help your child see their strengths.
- Use check-ins or journals to share feedback between school and home.
- Work together with the school on support plans.

School strategies

1. Attention Support

- Seat the student away from distractions (windows, doors, noisy peers).
- Make sure you have the child's full attention before giving instructions.
- Use clear verbal instructions paired with written ones.
- Break big tasks into smaller chunks.
- Allow extra time for copying or processing instructions.

2. Organisation & Planning

- Use checklists, colour-coding, and visual timetables.
- Help with prioritising: "What needs to be done first?"
- Avoid overloading—give one task at a time.
- Use reminders and structured routines.

3. Behaviour & Self-Regulation

- Use immediate, consistent consequences and rewards.
- Gently cue students to monitor their own behaviour.
- Seat near supportive peers or near the teacher.
- Supervise transitions between classes or spaces.

4. Movement & Breaks

- Allow short movement breaks (stand, stretch, water run).
- Alternate between high-focus and lower-demand tasks.
- Allow different seating positions when possible.

5. Learning Support

- Provide copies of notes instead of relying on copying from the board.
- Offer alternative ways to show learning (e.g. oral report, project).
- Shorten or adapt homework expectations.