

Back to School for Kids with ADHD: 8 Tips To Do It Successfully

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Transitioning from the freedom summer holidays to the structure of being in a classroom can be difficult for children, especially those with ADHD. To ease the transition, parents should prepare their child for going back to school and gradually re-introduce them to homework. I suggests parents follow these tips to ensure their child with ADHD is ready for school.

1. Changing the routine to suit getting to school can be a real challenge for children with ADHD. Start with the school bedtime and awakening times 2 weeks before school starts, so that your child has time to get used to being up early and being mentally alert for school.
2. Create a list of expectations for the different parts of your child's day. Put extra planning into the areas of concern from last year – whether that is getting ready in the morning, getting homework done at the end of the day, or other chores or responsibilities.
3. Make a daily schedule for your child that includes recess, lunchtime and any after-school activities. Post it on the fridge where your child can see it the night before and send it to school with them so they know what is expected from them that day
4. Homework can be especially hard for children with ADHD. They may forget to write it down or leave a book at school. It is best to keep a homework log with the teacher and frequently remind your child to bring it and any necessary books home after school. You can also ask the teacher to make sure that your child brings it home each day, and you make sure she/he takes it to school. Create a 'homework routine' - designate a certain period of time everyday for your child to complete homework. Be sure to reward them when an assignment is completed
5. Remember that you are your child's advocate at school. Make an effort to speak to the teacher about your child's learning and behavioral needs early in the school year. Ensure that the resources which can help your child are put into place, and that everyone who needs to provide input is on board.

6. Consider a daily behavioral report card. This can be a useful tool to help parents and teachers communicate. It can also lead to the opportunity to provide frequent, small rewards to encourage your child to keep on track at school.
7. Remain positive with your child, and help them to build on their strengths. Remember that transitioning from summer holidays to school can be especially challenging for children with ADHD. Celebrate all successes, no matter how small – anything from a good mark, to a good report from the teacher, to making a new friend.
8. Keep track of how your child is doing in the transition back to school. Be sure to review this with your child's doctor 2-6 weeks after the school year starts.

I hope these tips help you to manage this successfully. Please feel free to leave your comments and suggestions on this article on my blog – you can find it here: <http://addadhdblog.com/back-to-school-for-kids-with-adhd-8-tips-to-do-it-successfully/>

To your child's success,

Dr. Kenny Handelman

*** N.B. Please feel free to share this free report with anyone who you think may benefit from it. ***

To Learn More About ADD/ADHD, Take Advantage of These Resources:

- 1) My free ADD/ADHD Newsletter: www.theadhddoctor.com
- 2) The breakthrough program to help your child succeed with ADD/ADHD, which I developed leading researcher and author, Dr. Russell Barkley:
Secrets to ADHD Success: www.secretstoadhdsuccess.com
- 3) To find the highest recommended books in ADD/ADHD, visit:
The ADHD Bookstore: www.theadhdbookstore.com
The Canadian ADHD Bookstore: www.theadhdbookstore.ca