

STOP **FIGHTING** Your **ADD/ADHD** CHILDREN ABOUT SCHOOL



We all hate fighting with our children. Fighting with your ADHD child may seem to be unavoidable, especially when it comes to school. However, there are ways to avoid fighting with your ADHD child about school. We provide an explanation of why your ADHD child does what he does. Then, we give you effective methods to cope with your child's ADHD symptoms. Learn how to stop fighting with your ADHD child about school.

Impulsive

Impulsivity can cause many issues throughout our school years, for those with ADHD. This provides an overview of impulsivity and how it affects school.

The tendency for people with ADHD to be impulsive can manifest itself in many ways including:

- Tendency to interrupt during conversations
- Acting both physically and verbally before thinking. "Think before you speak" is either virtually or literally non-existent
- Trouble staying in their seats
- Trouble working on one assignment for a prescribed time

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ADHD Behaviors

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- Trouble with Working Memory
- Trouble Focusing
- Hyperfocusing
- Organization

ADHD Coping Methods

- Focus on what your child likes to do
- Setup a Reward System
- Allow frequent movement between tasks
- Put a time limit on study times, allow frequent breaks
- Find an organizational system that works for your child
- Don't talk negatively about ADHD
- Connect with others with ADHD

- Over curiosity, especially when told not to do something right now. It's like catnip to a cat.
- Tendency to react physically or verbally when made angry rather than walking away
- Procrastination
- Impatience
- Nonstop Talking

I realize this sounds like a large list. Unfortunately, it is. It is true, there are a group of us ADDers that show almost every symptom. I am one of them.

In fact, the number of us that do show pretty much every symptom is rare when compared to the total number of people with ADHD.

However, remember that not all children with ADHD will show all of these symptoms. ADHD manifests differently with each person. Each person's combination of symptoms will be different.

Trouble with Working Memory

ADHD can cause deficits in working memory.

“Wikipedia explains working memory as, “the system which holds multiple pieces of transitory information in the mind - information that is needed for different tasks right now.” (Working Memory, Wikipedia) Working memory basically measures the number of instructions we can listen to, hold in our memory, and recall at one time. “

You can see where this would be crucial in a school age child. A child that can remember 8 instructions at once would more easily be able to follow a teacher's instructions than someone who can only remember 4 instructions. A child cannot be

blamed for how many instructions they naturally can remember.

A low working memory can cause several issues with school. A child with a poor working memory would have trouble remembering instructions that include multiple steps. They would need to either reread the instructions multiple times or ask the teacher to explain them multiple times. If the teacher becomes frustrated with this then the child could become reluctant to ask questions. This can cause them to not understand the directions resulting in mistakes in school work.

This does not mean that a child with a poor working memory is doomed. There are multiple ways to increase your working memory:

- Use your memory – our minds are like our muscles their ability to store information can be expanded with repetition.
- Use Computer Based Training Programs like [Neuro Nation](#) or [Lumosity](#)
- Use a Reward System to keep your child

Trouble Focusing

ADHD can cause problems with a person's attentional control.

“Attentional control is a person's ability to choose what their mind focuses on and what their mind ignores. This can cause an inability to focus on the task at hand when something else is considered more interesting “

For instance, a child with ADHD may seem to stare out the window or “daydream” instead of working on homework. Something out the window is more interesting to them than the current school assignment.



Take Away

A low working memory can cause a child trouble memorizing complex instructions.

You can increase your child's working memory by:

- Using Your Memory
- Using computer based training programs like Neuro Nation or Lumosity.
- Use a Reward System to keep your child interested





Take Aways

- Reward your child for even small successes
- Help your child not to dwell on defeats
- Remind your child about the benefits of ADHD
- Your child may not be ignoring you. He simply may be hyper focusing.

Attentional control deficits can also cause problems with filtering negative versus positive situations causing:

- Focus on negative situations.
- Not able to let the negative feelings to go even long after it is over.
- Trouble recognizing positive situations.
- Showing frustration to your child can cause depression
- Child can start believing they are not as good as “normal” children

Trouble Organizing

School requires good organization. Children need to be able to:

- Switch from one task to another
- Prioritize the order of assignments based on deadline and importance
- Remember deadlines
- Remember assignments they are given

ADHD causes problems with these tasks such as:

- Putting off assignments that aren't interesting
- Forgetting assignments
- Trouble scheduling assignments
- Procrastination
- Prioritizing

Hyperfocusing

*“**Hyperfocus** is the experience of deep and intense concentration in people with ADHD. ADHD is not necessarily a deficit of attention, but rather a problem with regulating one's attention span.” (What is Hyperfocus and What Does it do to Adults and Kids)*

This can cause children several problems with learning.

- Drawn to interesting assignments trouble moving to uninteresting subjects
- Procrastinate on homework assignments for subjects they don't like.
- When focused they tend to “tune out” everything else.

Resources

- ⇒ [100 ADHD Resources](#)
- ⇒ [30 Best Apps for ADHD Minds](#)
- ⇒ [15 Best Adhd iPhone & Android Apps of 2015](#)
- ⇒ [20 Apps that Can Help Individuals with ADD/ADHD](#)



Organizational Apps for ADHD

Q: Which Apps can help anyone with ADHD organize?

- | | |
|---------------------------------|--------------------------------|
| ⇒ EpicWin | ⇒ Mint |
| ⇒ iReward Chart | ⇒ Mailbox |
| ⇒ Evernote | ⇒ Google Voice |
| ⇒ RescueTime | ⇒ Dropbox |
| ⇒ Focus@Will | ⇒ Unroll.me |

Focus Electives Around What the Child Likes

There are going to be times where your child chooses:

- Topic of a presentation in English
- Topic of a Science report
- Creating word problems in Math

These can be focused around topics that your child enjoys making them more interested.]=\nm

For instance, let's say your child enjoys trains.

- Choose a famous conductor for an English report
- Math word problems about distance a train can travel

By focusing assignments around a subject your child is interested in then they will be more likely to complete the assignment. They also will be more likely to learn the material.

Setup Reward System

Some parents are against rewards. After all, aren't good grades their own reward? For an ADHD child, NO!! Creating a rewards system provides:

- Short term rewards your ADHD child craves
- Increases motivation to finish assignments
- Earning short term rewards leads to finishing long term goals
- Increase interest in uninteresting subjects

Make sure rewards are:

- Simple
- Measurable
- Achievable
- Reasonable/Short term
- Have deadlines

Let me give you a personal example. As a child, I was into model rockets. My parents said that if I did all my homework for a month then I would get \$50 in rockets. They made a tracking sheet for my teacher. I would have my teacher sign it each day. My motivation to do my homework this month increased greatly.

Move Between Tasks

ADHD children have problems seeing one task through till completion. Parents see this as a problem. You want your child to do sit still till homework is done.

Consider allowing your child to move from one task to another. As they become bored, they are allowed to move between assignments. This helps them to keep from getting bored.

Isn't the goal for them to finish their homework? Do they have to finish one assignment at a time? This approach is a win-win.

- They complete homework without getting bored.
- You get a child that finishes his homework.



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Examples of Activities and Rewards

Activity	Reward
Finish homework a night without fighting	Favorite snack
Finishing homework for a week	Extra hour of a favorite activity (i.e. video games, television, etc.)
Finishing homework for a month	Pay for an outing with friends (movies, etc.)

Allow Frequent Breaks

“Studies have shown that anyone's mind can only effectively work on a task for 90 minutes at a time.”

This time is diminished for anyone with ADHD.

- Identify how long your child can study before become too bored.
- Have them work for that amount of time.
- Allow a short break (i.e. 10 minutes).

For example, when I am working on articles, I will work on one for 30 minutes. Then I will move to either a different article or take a 10 minute break. This schedule keeps me moving forward on any project.

Organizational Ideas

Organizational deficits are a problem for anyone with ADHD. Fortunately over the last couple of decades ADHD research and technology have brought many potential solutions.

- Use colored folders for each subject
- Check in with their teacher
- Use a day planner designed for ADHD
- Use a smart watch for reminders and alerts
- Keep a master calendar at home

Stay Positive

Your child learns from you. If you see ADHD as a disability or a negative thing then they will too. Remember they are ADHD. They will start to see themselves as disabled.

Avoid this by:

- Educate yourself about ADHD see [5 ADHD Books You Should Read](#)
- Remind them there are benefits of ADHD
- Help them learn to deal with their ADHD symptoms
- Make a big deal out of their successes
- Ask their teacher not to talk negatively about ADHD
- Join an ADHD support group for kids
- Join an ADHD support group for parents
- Don't excuse their bad behavior as “Just ADHD”

Find Others With ADHD

Raising a child with ADHD is frustrating. Frustration can overwhelm both parent and child. Connecting with others with ADHD helps to avoid frustration. It allows:

- Socialize with other affected parents
- Learn how other parents cope
- Your child sees other children have ADHD
- Gain new ideas for your child
- Help build your child's self esteem

This PDF Prepared By the Staff at [What is ADHD.HQ](#). Visit them for information about medical definition of ADHD, benefits of ADHD, and achieving your full potential with ADHD.



ADHD Support Group Links

- ⇒ [Action Foundation](#)
- ⇒ [ADDitude Support Groups for Parents of ADHD Children](#)
- ⇒ [ADHD Kids Care – Support Group for Parents](#)
- ⇒ [ADD](#)
- ⇒ [Seven Organization that Provide Support for Individuals with ADD/ADHD](#)

