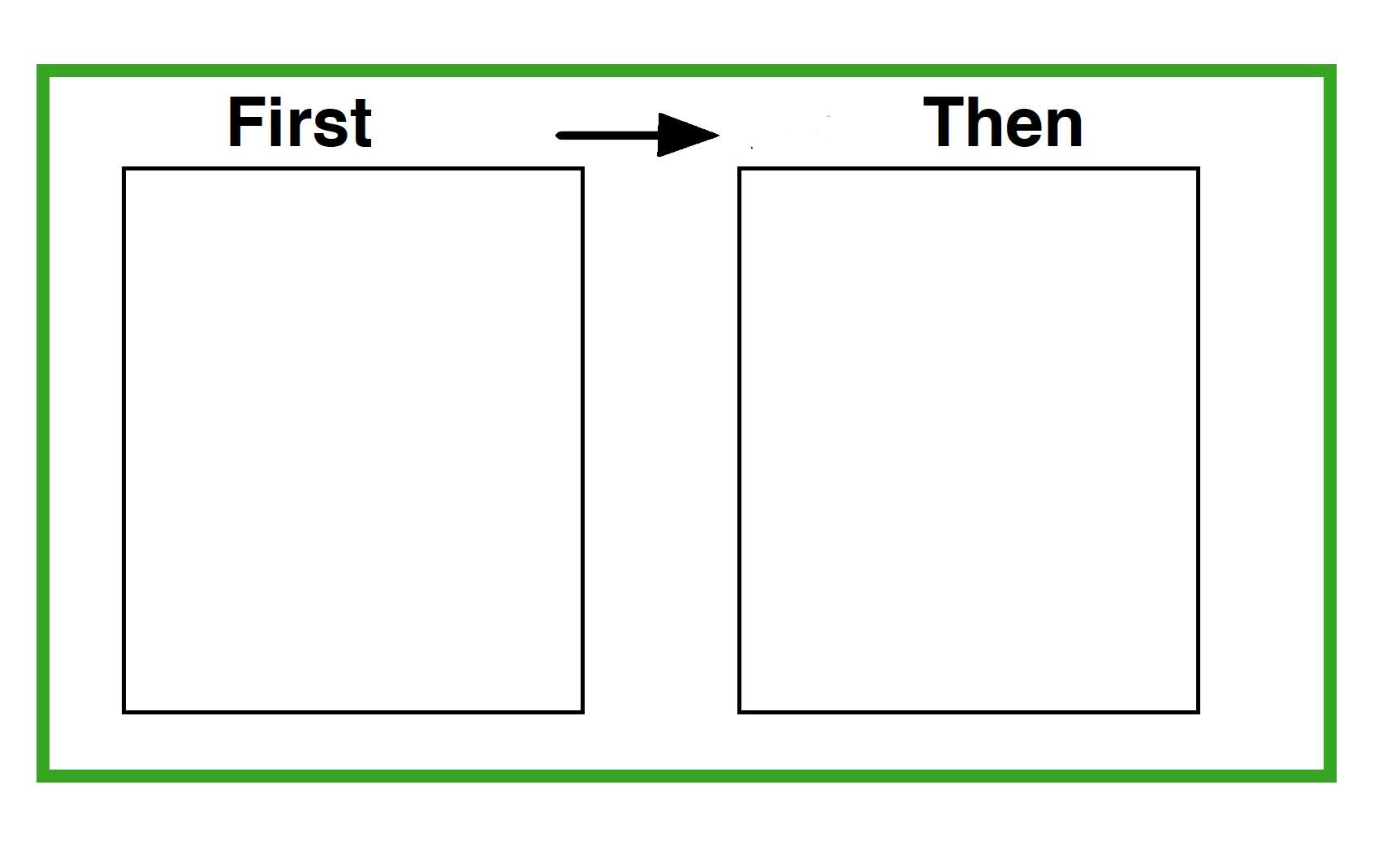
**Attention-Deficit/Hyperactivity Disorder (ADHD)**

* Chunk tasks into 10-15 minutes of work at a time.
* Use a timer to show how much time the child has left to work. You can use your timer on your phone, a kitchen timer, etc.
* Break up the child’s schedule with physical and sitting down activities. Allow your child to have short movement breaks.
* Have your child sit at a stable surface that mimics a desk as much as possible (ex: kitchen table, dining room table, kitchen island, office desk, etc.).
* Limit distractions during work time (ex: try to make sure your child is not accessing non-school materials/sites on the internet and on their iPad or computer, have the television and other electronics off, make sure they do not have access to their cellphone/cellphone is turned off, have your child work in a separate room without others while they are working on school work, close blinds/curtains, etc.).
* Provide a quick tap on the shoulder/table or provide another quick prompt when your child is inattentive to their current task.
* Visual Schedule/Checklist (sample provided - *Figure 1*)
* First-Then Chart (sample provided with pictures - *Figures 2 & 3*)
* Behavior Star Chart (sample provided - *Figure 4*)
* Behavior Awareness Cards (sample provided - *Figure 5*)
* Break Card (sample provided - *Figure 6*)

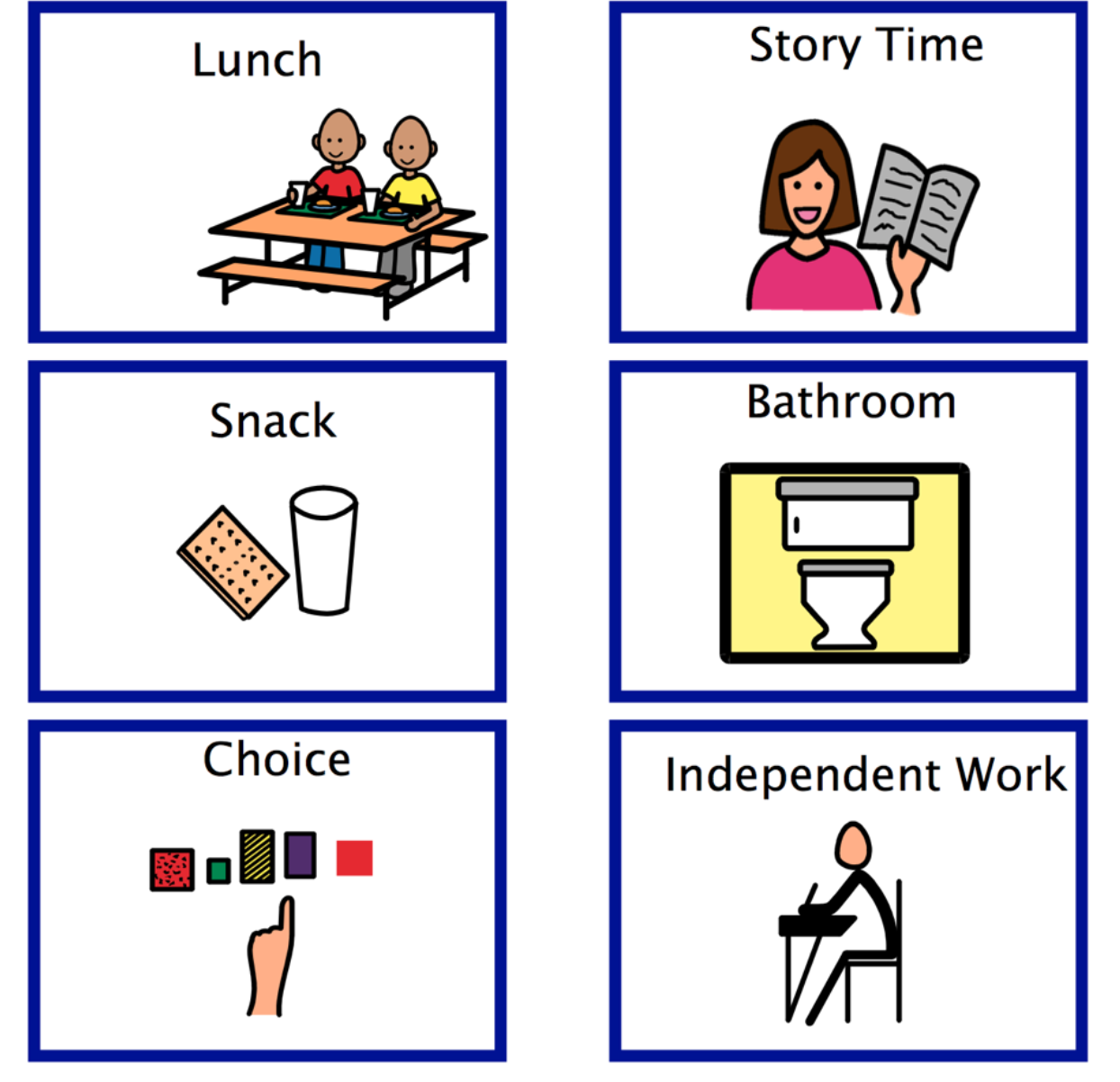
*Figure 1.* Sample Visual Schedule/Checklist

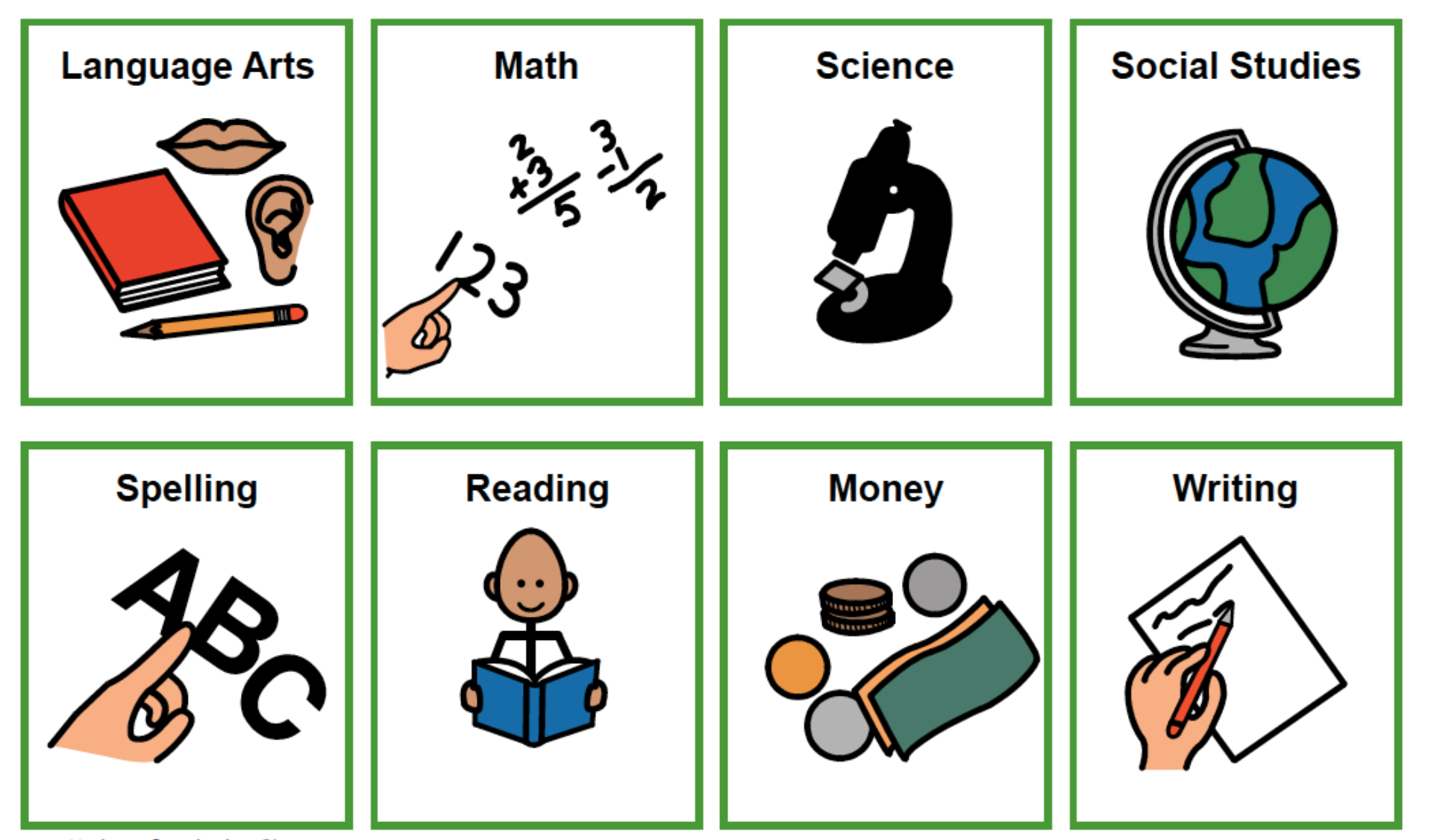


*Figure 2*. Sample First-Then Chart

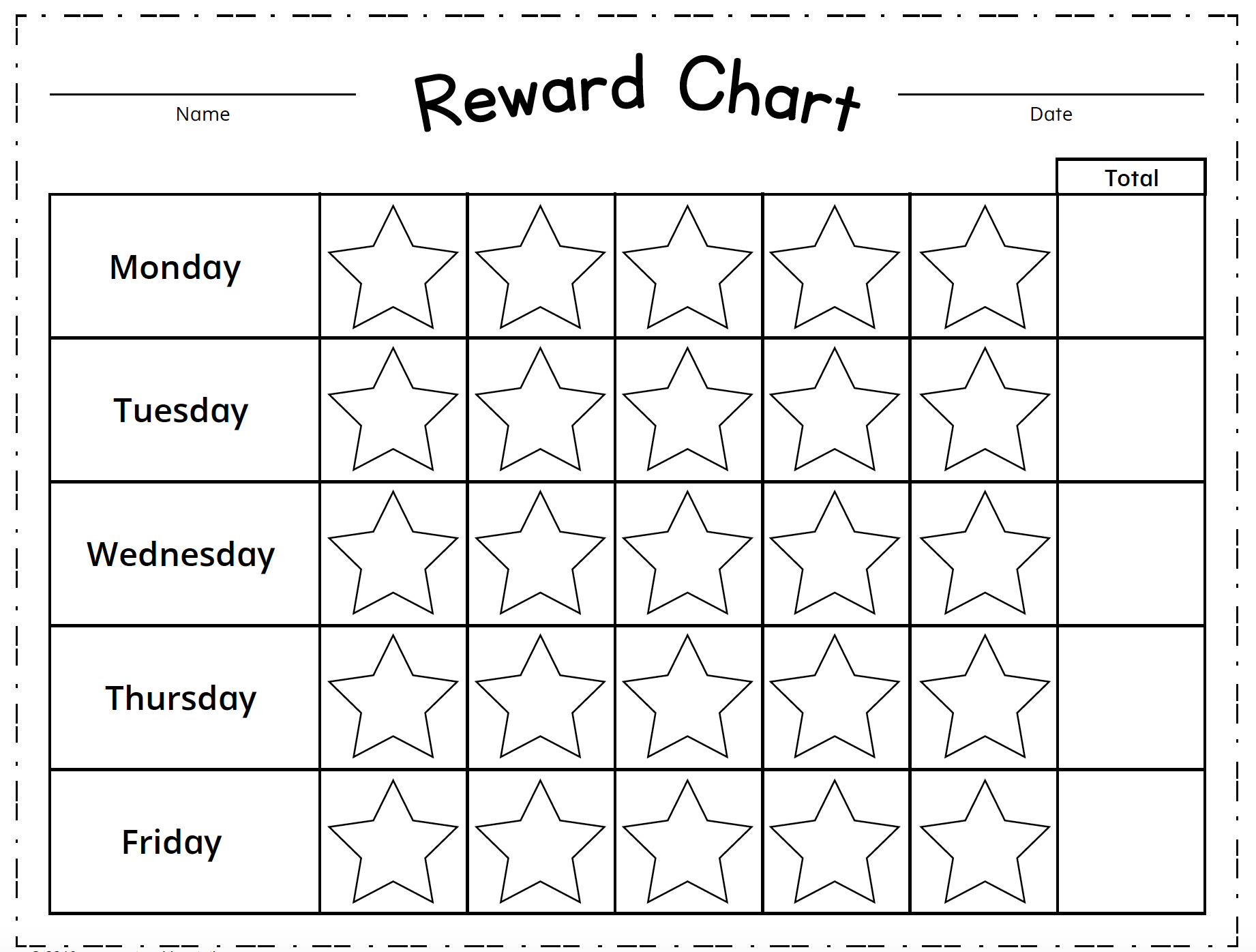


*Figure 3.* Images for First-Then Chart





*Figure 4*. Sample Behavior Star Chart



*Figure 5.* Sample Behavior Awareness Cards



*Figure 6.* Sample Break Card

