

Bonnie Terry, M. Ed., BCET

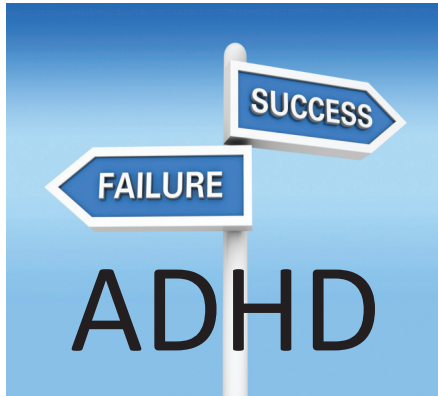
25 ADHD TIPS

IMPROVE YOUR ADHD
SCHOOL EXPERIENCE: A REPORT

WINNING THE ADHD BATTLE SERIES




Bonnie Terry
LEARNING



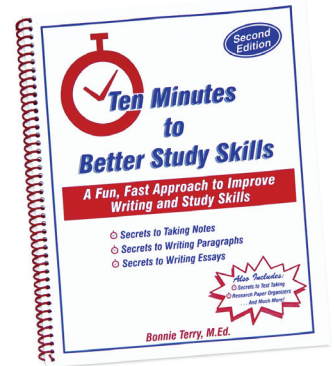
25 ADHD Tips

Improve Your ADHD School Experience: A Report

School Related Accommodations for the Home

Bonnie Terry, M. Ed., BCET
The Dyslexia and ADHD Expert

1. Provide a quiet spot at home where they can do their homework.
2. Provide them with the learning tools they may need to use while doing their homework. (A list is provided according to grade level in Ten Minutes to Better Study Skills)
3. Break down the homework assignment into do-able chunks, giving a few minute 'break' in between.
4. You may want to put some upbeat music on during the 'break' to stimulate the 'sluggish brain activity' that often occurs with those with ADD. Chewing gum will also do this, stimulate the brain.



FYI:

Chewing, leg tapping, bouncing, foot tapping, and other repetitive and rhythmic behaviors are ways that ADD kids can use to self-stimulate their lethargic brains. This gets the connections going in a more efficient manner. This is called the *piezoelectric* effect.

5. Go over the directions of each assignment with them to be sure they understand what they are supposed to do.

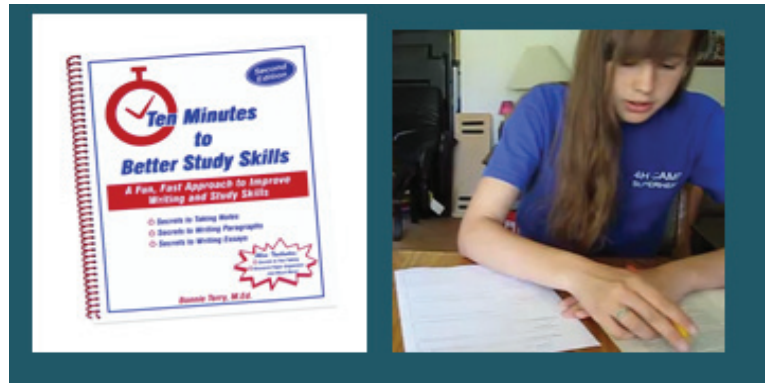
(Explain the process e.g.: There is a beginning, middle, and an end or a 1st step, 2nd step, 3rd step.)

6. Take at least 3 deep breaths before you start your homework, and take 3 more each time you move from one assignment to another. This brings more oxygen to the brain and puts your heart in a more relaxed state. This will help your brain to work more effectively and efficiently.



7. Use a timer to help keep them on task. I recommend visual timers.
8. Remind your kids to get up and walk around and/or stretch between tasks. Being able to get up between tasks will help them to retain the information better as well as concentrate more efficiently.
9. Set up their school binder; dividing it up by subject, color-coding each subject. Cover their books with the same color-coding that is in the binder. It will make it easier for your kids to keep track of their books and assignments.

10. Help your kids with keeping an assignment sheet so they can check off completed assignments. Keep it in the front section of the binder. Each week place a new assignment sheet in the binder. This is done to separate out each week's assignments and to help your kids see that they are gaining control of their assignments, week-by-week.



11. Help your kids schedule long-term assignments, breaking them up, so they don't become overwhelmed and see that they can do them, a bit at a time. Ten Minutes to Better Study Skills will help with this. It has special long-term assignment project planner in it.
12. Set up a checklist with their subjects on it so they can check off each subject when the homework is done. This not only gives a sense of accomplishment, it also lets them know that they are capable and that they can do it. It is also teaching them another self-monitoring technique.

e.g.: Keep the assignment sheet so they can check off completed assignments. Keep it in the front section of the binder. Each week place a new assignment sheet in the binder. This is done to separate out each week's assignments and to help your kids see that they are gaining control of their assignments, week-by-week.



13. Set up a daily progress note system so that you get feedback on a daily basis regarding your ADD student so that they do not fall so far behind that they feel that they can never catch up.
14. Tape record difficult reading material so they can listen while they read along.
15. Play educational games with your ADD student so they can see that learning is fun.

16. Play vocabulary-building games.
The Sentence Zone is a great game that teaches sentence structure, English grammar and improves vocabulary at the same time!



17. It is OK to set up a reward system for completing tasks or assignments. A word of caution here: don't make the task so difficult they won't ever earn the reward. Instead, build in multiple incentives and break down the task or assignment so that each page might get a small reward and completion of all of the tasks gets the bigger reward.
18. Let your kids know that IT IS OK to NOT LIKE THE ASSIGNMENT or to THINK THE ASSIGNMENT IS STUPID; they are entitled to their opinion. HOWEVER, THEY STILL HAVE TO DO IT.

You Can Do It!

19. Remember to be encouraging with your ADD student. Let them know that they can do it. It may take some time, but they can do good work! Praise and encouragement is much more effective than pressure.
20. For specific at-home help with helping to build reading, spelling and writing skills that also addresses vision perception and auditory perception areas, visit Bonnie Terry Learning.
21. If you suspect other learning problems may be hindering your child's learning skills, you will be interested in our Neuro-Developmental Behaviorally-Based Assessment .
22. Music for the Mind
23. Quiet sensory gadgets to keep hands busy while listening
24. Exercise ball from any sporting goods store or chair cushions or other types of chairs to help you stay in focus
25. Essential Oils for ADHD: Lavender, Cypress, Balance, Focus, InTune, & Vevitar
Put a 3-4 drops of lavender in a diffuser during the evening in the room you are in as well as in the bedroom at bedtime. Put 2-3 drops of Cypress on your pillow before bed. In the morning put 2-3 drops of Balance, InTune, Focus, and Vevitar on the bottoms of your feet and rub it in.



Bonnie Terry, M. Ed., BCET

<http://bonnieterrylearning.com>

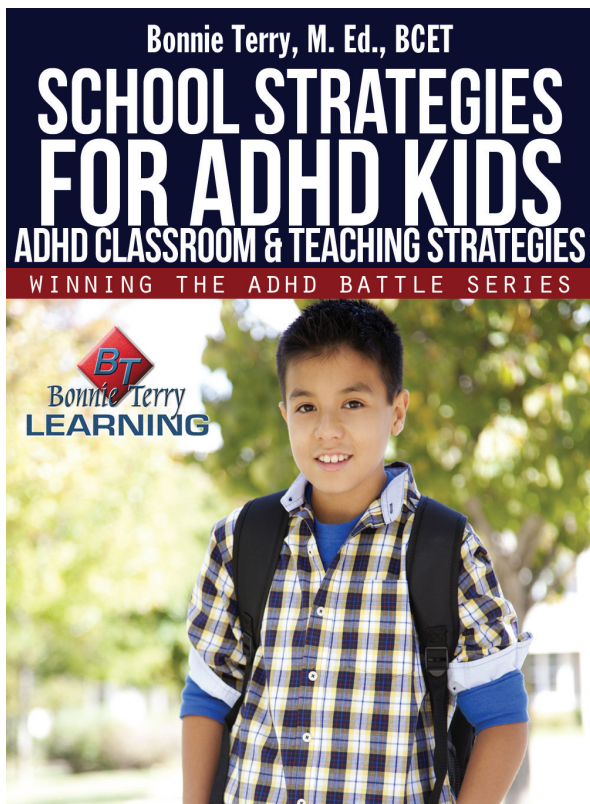
Blog: Reading, Writing & Math Help for Dyslexia, LD & ADHD

Phone: 530-888-7160

Awaken the Scholar Within Programs

Radio Program: *Learning Made Easy Talk Radio* every Tuesday

7:30 PST, 8:30 MST, 9:30 am CST, 10:30 am EST



Specific School Strategies for ADHD Kids

- Secrets to decreasing distractibility in the classroom
- How to get your ADHD kids to stop interrupting the class
- Simple steps to stopping the continual ADHD fidgeting and hyperactivity
- Simple steps to get your ADHD kids to follow directions
- How to get your ADHD kids to complete assignments

School Strategies for ADHD Kids guides parents to strategize with their child's teacher to get the best out of the classroom learning experience. This book also helps guide parents, homeschoolers, teachers, and professionals in more successful ways of handling their ADHD students.

Amazon Kindle:

Type in the title or this number into the Amazon search box:

ASIN: B00CAB41MU

Specific Family Strategies for ADHD Kids

- Secrets to how the ADHD mind thinks
- How to take advantage of procrastination
- How to implement simple steps to time management
- How to help your ADHD kids with organizational skills including their bedrooms
- How to organize their week: homework, sports, chores
- How to promote a good night's sleep and learn why sleep problems affect ADHD

Family Strategies for ADHD Kids...helps from morning routines to after school check-in, to evening and bedtime routines. Special attention is given to those after school hours as well as handling 'lazy' or 'unmotivated' kids.

Amazon Kindle:

Type in the title or this number into the Amazon search box:

ASIN: B00BJCFN50

