



Top 5 ADHD Strategies

That Have Shocked Parents and Teachers!

- Dr. David Murphy

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Understanding ADHD can be challenging, but implementing effective strategies can make a world of difference. Here are five surprising strategies that have significantly benefited parents and teachers in managing ADHD, along with actionable steps to try them out.

1. The Powerful Benefits of a Handwritten Planner

Handwritten planners can help individuals with ADHD stay organized and improve time management. The act of writing engages the brain in a unique way, enhancing focus and retention. Parents and educators have noted remarkable improvements in task completion and overall organization when handwritten planners are used consistently.

Actionable Strategy: Encourage your child to spend 10 minutes each evening writing down their tasks and plans for the next day in a planner. Review the planner together each morning to reinforce the habit.

2. Developing Executive Functioning Skills Through Explicit Teaching

Executive functioning deficits, common in individuals with ADHD, can be improved through direct and explicit instruction. Metacognitive skills, such as self-monitoring, self-assessment, and self-regulation, are crucial for managing tasks and responsibilities. Teaching these skills in a structured manner helps individuals with ADHD to develop greater awareness of their thought processes and behaviors.

Actionable Strategy: Teach your child how to consistently maintain an organized bedroom by focusing on metacognitive skills. Break down the process into specific steps: make the bed each morning, put away toys and clothes daily, and set aside time each week for a thorough clean-up. Use visual checklists to help them remember the steps and encourage them to reflect on their progress regularly.

3. Understanding the Limitations of a 504 Plan

A 504 Plan can provide accommodations to help students with ADHD succeed in school, but it doesn't teach skills. It's crucial for parents and educators to recognize that while accommodations are helpful, they must be paired with skill-building strategies to address executive functioning deficits. This combined approach fosters long-term success and independence.

Actionable Strategy: Work with your child's school to incorporate skill-building activities into their daily routine. Request regular updates on progress and adjust strategies as needed.

4. The Power of Growth Mindset and 'Failing Forward'

Teaching a growth mindset and the concept of 'failing forward' can transform how individuals with ADHD approach challenges. Encouraging them to view failures as opportunities to learn and grow fosters resilience and perseverance. This mindset shift can lead to greater self-confidence and a willingness to tackle difficult tasks without fear of failure.

Actionable Strategy: Praise effort rather than outcome. When mistakes happen, discuss what can be learned and how to improve next time. Create a 'failure log' where your child can write down what they learned from their mistakes.

5. Uncover Your ADHD Superpower ASAP

Everyone with ADHD has unique strengths or 'superpowers' that, when identified and leveraged, can lead to remarkable achievements. Discovering and building strategies around these strengths can help individuals with ADHD excel in areas they are passionate about, leading to increased motivation and success.

Actionable Strategy: Spend time identifying your child's strengths and interests. Encourage activities and projects that align with these strengths. Provide opportunities for them to showcase their 'superpowers' and celebrate their successes.

Conclusion

Implementing these strategies can lead to significant improvements for individuals with ADHD. By using handwritten planners, explicitly teaching executive functioning skills, understanding the role of a 504 Plan, fostering a growth mindset, and uncovering ADHD superpowers, parents and teachers can provide better support and foster success.