

ADHD at School

MID-YEAR CHECKUP GUIDE

Help your child avoid a mid-year slump with these eight tips.

1 ORGANIZE FOR SUCCESS

Designate a desk in his room, a spot at the kitchen table, or a quiet corner as your child's homework "station." Schedule a regular time with your child each week to file homework papers and store schoolwork in boxes.

2 SET HOMEWORK PRIORITIES

Before your child starts her homework, help her arrange the assignments either according to subject, the time required, or the degree of difficulty. Have your child complete the assignments in order, and check off each entry when she's finished.

3 CREATE STRUCTURE AND REWARDS

Prepare a weekly schedule that outlines your child's break time after school followed by homework. While prioritizing assignments (see Tip 2), be sure to include breaks between tasks, and set up a reward system: If he makes a to-do list before he begins, for instance, he can have a snack.

4 INSPIRE TEST-TAKING CONFIDENCE

To avoid last-minute cramming, make a schedule: Mark the day he should begin to study for a given test, and have him check off every day he spends time preparing. Make sure your child knows what will be covered on the test.

5 MANAGE YOUR CHILD'S MEDS

Ask your child's teacher if there's a consistent point during the day when his medication seems to wear off. You may need to adjust the timing or the dose, or switch to a longer-acting formulation. If your child gets medication from the school nurse but forgets to go, talk with his doctor about meds that last all day.



6 ADVOCATE FOR YOUR CHILD

In anticipation of the school's annual review of ADHD accommodations, look over the year's report cards, test results, and comments from her teachers. Note any trouble spots and ask your child's teacher which techniques and accommodations have worked best. Prioritize this list and make sure that next year's IEP or 504 Plan specifies who will implement each provision, how often services will be provided, how your child's progress will be monitored, and who will communicate with you.

7 SEEK ADDITIONAL HELP

Look for clues that your child may need extra help with schoolwork: She has trouble finishing her homework; she's working hard, but her grades are failing; she's anxious before tests; she doesn't want to go to school. If your child's teacher thinks she is falling behind, ask if extra help is available at school.

8 STAY IN TOUCH

Ask your child's teacher questions throughout the year. For instance, Is she getting along with her teachers and classmates? Is she participating in class? Is she able to concentrate quietly during class study time? Don't hesitate to share your concerns as they arise, but ask the teacher how she prefers to be contacted—and be sure to tell her how much you appreciate her insight and help.

www.additudemag.com/adhd-learning-disabilities.html