

# EMPOWER YOUR CHILD WITH ADHD: A PRACTICAL CHECKLIST

GOAL	ACTION	<input checked="" type="checkbox"/>
<b>CREATE A STRUCTURED ENVIRONMENT</b>	Utilise visual aids like timetables and reward charts.	<input type="checkbox"/>
	Utilise reliable ADHD resources for education on supporting the child.	<input type="checkbox"/>
	Acknowledge the extra effort required for focus, offering consistent encouragement.	<input type="checkbox"/>
<b>PROMOTE POSITIVE BEHAVIORS</b>	Prioritise positive reinforcement over criticism.	<input type="checkbox"/>
	Focus on significant behaviours for correction, overlooking minor missteps when possible.	<input type="checkbox"/>
<b>FOSTER ACCOUNTABILITY AND REFLECTION</b>	Keep daily routines predictable to give the child a sense of security.	<input type="checkbox"/>
	Teach and practice the "Stop, Think, Act" approach for thoughtful decision-making.	<input type="checkbox"/>
	Set and adjust expectations based on the child's capabilities, celebrating small successes.	<input type="checkbox"/>
<b>ENCOURAGE INDEPENDENCE AND ACHIEVEMENT</b>	Help children discover and engage in activities that highlight their talents.	<input type="checkbox"/>
	Instil a sense of accountability with understandable consequences for misbehaviour.	<input type="checkbox"/>
	Use clear, achievable objectives with corresponding rewards to motivate improvement.	<input type="checkbox"/>

## NOTES