



WHEN ADHD SHOWS UP.



What parents may notice — and simple supports that can help

ADHD can affect attention, impulse control, organization, activity level, and emotions.

Every child is different. This sheet is for learning and support, not for diagnosis.



Big Feelings Come Fast

You may notice: Small problems can lead to big reactions.

Try this: Stay calm, give time to settle, then talk it through.



Hard to Get Started

You may notice: Your child stares at the work but does not begin.

Try this: Help with the first step and break the task into smaller parts.



Sensory Overload

You may notice: Noise, crowds, or too much activity becomes too much.

Try this: Offer quiet breaks, headphones, or a calmer space.



Acts Before Thinking

You may notice: Interrupting, blurting out, or rushing happens often.

Try this: Use clear reminders and practice pause-first routines.



Loses Track of Time

You may notice: Five minutes turns into thirty.

Try this: Use timers, countdowns, and warnings before transitions.



Messy Piles and Lost Items

You may notice: Backpacks, desks, and rooms get cluttered fast.

Try this: Use simple routines and short clean-up times each day.



Too Many Choices Feels Overwhelming

You may notice: Your child freezes when asked to pick.

Try this: Offer two simple choices instead of many.



Trouble Following Directions

You may notice: Multi-step instructions get lost halfway through.

Try this: Give one or two steps at a time and check for understanding.



Gets Stuck on One Activity

You may notice: Stopping a favorite activity is very hard.

Try this: Give advance warnings and use a visual timer.



Forgets What Is Out of Sight

You may notice: Homework, shoes, or papers get forgotten.

Try this: Use checklists and a set place for important items.



Helpful Reminders

- Children with ADHD still need rules, limits, and support.
- Clear routines and simple directions can help a lot.
- Praise effort, not just results.
- Break big tasks into smaller steps.
- If concerns are strong or ongoing, talk with your child's doctor or school.