



Home Strategies for the Inattentive Child

Providing Structure

- Help your child get ready for school before going to bed (e.g. putting homework in knapsack, laying clothes out).
- Establish a predictable daily routine (e.g. wake up at 7:30, bus at 8:10, homework from 4:30, supper at 5:30, bed at 8:00) so your child can be comfortable in knowing what will happen next.
- Make a visual schedule of daily activities and post on your fridge
- Establish a firm bedtime routine (e.g. brushing teeth, pyjamas, story, bed).
- Give your child advance warning when an activity will be ending (e.g. we're leaving in five minutes, 2 minutes, 1 minute, 0 minutes).
- Insist your child finish one task before proceeding onto the next. This will help your child remain organized.

Behaviour

- Teach your child to "Stop and Think"
- Redirect behaviour, intervene before behaviour escalates.
- Model and practice positive peer interactions with your child.
- Use a kitchen timer for the task reluctant child.
- Use a visual sticker chart to reinforce your child for positive behaviour. Place the chart on the fridge for the whole family to see.
- Give your child choices when you want something done (e.g. do you want to pick up your dinosaurs or your books first?).
- Put a list of problem solving strategies on the fridge and cue your child to use them.

Discipline

- Set limits for your child and consistently follow them.
- Use only those consequences that you are willing to follow through with.
- Spend time talking about cause and effect relationships.
- Use time out when your child behaviour becomes excessive.
- Don't argue with your child about your house rules.
- Notice when your child is doing well or behaving appropriately.

R. Lynde Hill, M.Sc.