



## HOME STRATEGIES FOR THE INATTENTIVE CHILD

### Providing Structure

- Help your child get ready for school before going to bed (eg. Putting homework in knapsack, laying clothes out)
- Establish a predictable daily routine (eg. Wake up at 7:30, bus at 8:10, Homework from 4-4:30, 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 child's door and/or the fridge
- Establish a firm bedtime routine (eg. Brushing teeth, pyjamas, story, bed)
- Give your child advance warning when an activity will be ending (eg. We're leaving in 5 minutes, 2 minutes, 1 minute, 0 minutes)
- Insist your child finish one task before proceeding on to the next. This will help your child remain organized

### Behaviour

- Teach your child to "Stop and Think" before acting to control impulsivity. Be sure to model this behaviour for your child
- 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 (eg. 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's behaviour becomes excessive
- Don't argue with your child about your house rules
- **Notice when your child is doing well or behaving appropriately**