

# Homework Help for ADHD:

## Tips For Getting Started

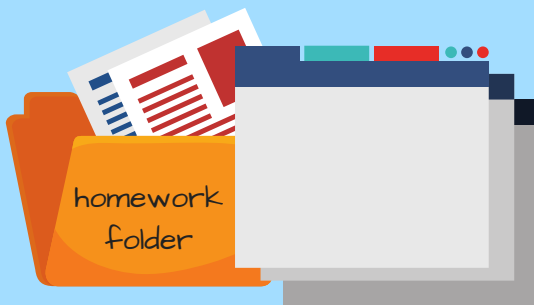


National  
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A Program of CHADD



- Before getting started, make sure your child has the supplies needed to do homework: planners, daily checklists, folders, pens, pencils, erasers, paper, calculator, computer, textbooks, timer, etc.
- Involve your child in setting up the space to help figure out what works best for him or her early in the school year.

- Remove or minimize things that distract or cause stress. Position desks or tables so they face away from doors or windows, and relocate the television.
- If possible find an open space or accessible room with good lighting. Although your child might like to do homework on the floor, having an uncluttered table or desk available is a good idea.



- Use color-coded folders to remind your child what goes where.
- Create a folder for completed homework assignments that travels back and forth between home and school.
- Divide big assignments into smaller ones.

- Help your child read the homework directions. Use colored pens or highlighters to highlight the main part, questions, and instructions.
- Write down important information so it can be accessed easily.



- Set up a consistent time for your child to do homework. It's important to establish routines and expectations.
- Use a timer to manage attention and help your child stay on task.
- Schedule short breaks (5–10 minutes).
- Encourage your child to move around during breaks.