



Homework Tips for Parents of Children with ADHD

Consistent Homework Routine

- Start homework at the same time each night
- Choose a homework area that is relatively free from distractions

Monitor and Allow for Breaks

- The homework area should be somewhere that lets you monitor your child
- Allow your child breaks after each subject or different amount of work completed
- Breaks can be used as rewards, e.g., ‘When you finish your math worksheet, then you can have a three-minute break.’

Reward Appropriate Behavior and Homework Completion

- *Catch your child being good* by praising him or her for sitting at the table to start homework, for example, and ignoring mildly annoying behaviors such as whining
- At the end of homework time, check your child’s work
- Provide rewards such as tablet time or playing outside contingent on their homework completion and accuracy

Work with Teachers and School Staff

- Your child’s teacher can be a great resource in coming up with a plan for homework
- Teachers can help by agreeing to check that your child wrote down their homework each day and put it in their folder
- To encourage these skills, you and the teacher can praise your child for being prepared or provide a small reward (e.g., choosing the radio station on the way home)

Problem Solving

- Ensure that the rewards your child is earning are motivating to them
- Goals for homework completion should be realistic: *Meet your child where they are*
- Refer to “How to Establish a Daily Report Card” for troubleshooting tips