Supporting Elementary Students with ADHD

School-Based Strategies Families Can Use at Home

This newsletter is designed to support families in helping elementary-aged students with ADHD build attention, behavior, and learning skills at home while working collaboratively with the school.

Understanding ADHD

Attention-Deficit/Hyperactivity Disorder (ADHD) can affect attention, impulse control, organization, and emotional regulation. Students with ADHD often benefit from predictable routines, visual supports, and consistent expectations across home and school settings.

Supporting Attention at Home

- Establish consistent daily routines and visual schedules.
- Break homework into smaller chunks with short movement breaks.
- Use timers or visual countdowns to support focus.
- Create a quiet, organized workspace for learning.
- Preview instructions and check for understanding.

Supporting Positive Behavior

- Use clear, positively stated expectations.
- Provide frequent, specific praise for effort and behavior.
- Remain calm and consistent when addressing misbehavior.
- Teach coping strategies such as deep breathing or taking a break.
- Focus on progress rather than perfection.

Supporting Executive Functioning Skills

Executive functioning skills help children plan, organize, manage time, regulate emotions, and complete tasks. Many students with ADHD need direct support and practice in these areas.

- Use checklists or visual task organizers to support planning and task completion.
- Teach time management by estimating how long tasks will take and using timers.
- Support organization with labeled folders, color-coding, and daily backpack checks.
- Practice goal setting by breaking larger assignments into smaller steps.
- Model problem-solving and flexible thinking when challenges arise.
- Encourage self-monitoring by asking children to reflect on what worked well.

Strengthening the Home–School Connection

Students with ADHD are most successful when families and schools work together. Consistence in language, expectations, and routines helps children feel secure and supported.

- Communicate regularly with your child's teacher or school team.
- Share strategies that work well at home and ask about classroom support.
- Use planners, folders, or communication notebooks consistently.
- Review assignments and expectations together.
- Celebrating successes shared by the school.

A Final Encouraging Note

With patience, structure, and collaboration, children with ADHD can develop confidence, self-regulation skills, and a strong foundation for learning. Small, consistent support at home and school can make a meaningful difference.