

Establishing a new routine with your child

Make a note of what you want to achieve with your new routine.

What problems occur on a regular basis?

- 1
- 2
- 3

What do I want my child to do in the future, instead of what they are doing now?

- 1
- 2
- 3

Five tasks that I want my child to complete as part of the new approach and how I am going to encourage their achievement:

- 1
- 2
- 3
- 4
- 5

- Remember not to try too many tasks at once – one or two is plenty
- Involve your child in setting up reminders. How many do you need? Where do they go? When do they happen? Should they use words or pictures and/ or charts?
- Don't expect too much. Set tasks that match your child's age and abilities to avoid any disappointment and frustration
- Include your child as much as possible in the discussion about any new routine – this makes your child feel that they own the solution, instead of being the cause of the problem
- Take a look at the accompanying booklet aimed at children with ADHD for tasks relating to reminders and 'deals'