

Blog 10 A Summary

Non-Medication Strategies to Help Your ADHD Child Thrive

Raising a child with ADHD can be both **challenging and rewarding**. While medication can be helpful for some children, there are many effective **non-medication strategies** that can support focus, emotional regulation, and executive function.

Here is a summary of the points from the last 10 weeks and **practical ways parents can assist their ADHD child** without or to compliment medication. I hope you have also been advocating for our kids with the current Federal Government.

1. Create a Structured & Predictable Routine

Children with ADHD **thrive on consistency** because it helps reduce anxiety and improves time management skills.



How to Establish Routine:

- ✓ Use **visual schedules** (charts, checklists, or timers).
- ✓ Keep **morning and bedtime routines the same** daily.
- ✓ Set **clear expectations** for homework, meals, and chores.
- ✓ Use **alarms/reminders** to signal transitions between activities.



Pro Tip: Color-coded planners or digital apps (like Time Timer or Cozi) can help keep track of schedules. Check with the teachers and

2. Support Emotional Regulation

ADHD kids may struggle with **big emotions and impulsivity**. Helping them manage feelings is key to success at home and school.



How to Help:

- ✓ **Teach deep breathing techniques** (Box Breathing: inhale 4 sec, hold 4 sec, exhale 4 sec, hold 4 sec).
- ✓ Use **“feelings charts”** to help them identify emotions. when the age does not allow for clear communication
- ✓ **Create a calm-down area** with sensory-friendly tools (fidget toys, weighted blankets, or noise-canceling headphones).
- ✓ **Model emotional regulation**—talk through your own feelings and how you handle them.



Pro Tip: Apps like **Moshi** or **Calm for Kids** provide guided meditation and relaxation stories.

3. Improve Focus & Attention with Movement Breaks

Many ADHD children need **physical movement** to stay engaged. Instead of fighting it, **work with it**.

  **Ways to Encourage Movement:**

- ✓ **Fidget tools** (stress balls, wobble cushions, resistance bands under desks).
- ✓ **Frequent movement breaks** (5 min of jumping jacks, stretching, or walking).
- ✓ **Standing desks or exercise balls** instead of traditional chairs.
- ✓ **“Brain breaks”** with short physical activities (GoNoodle, Cosmic Kids Yoga).

 **Pro Tip:** Let them **bounce on a mini-trampoline or do wall push-ups** before starting homework! Go back to Van’s Blog 4 for some insightful tip and program regimes.

4. Encourage a Healthy Diet for Brain Function. Food, Food, Food

Food has a big impact on **energy, focus, and emotional regulation**.

 **Best ADHD-Friendly Foods:**

- ✓ **Protein-rich meals** (eggs, nuts, lean meats) to support dopamine production.
- ✓ **Omega-3 fatty acids** (salmon, chia seeds, walnuts) for brain health.
- ✓ **Whole grains & fiber** to prevent sugar crashes.
- ✓ **Hydration**—dehydration can worsen attention issues.

 **Limit:**

- ✗ Artificial dyes & preservatives (Red 40, Yellow 5) – can trigger hyperactivity.
- ✗ Processed sugar – causes energy spikes and crashes.

 **Pro Tip:** Offer **high-protein breakfasts** (Greek yogurt, eggs, or peanut butter toast) to support morning focus. See our recipes and ebook for help and inspiration.

5. Build Executive Function Skills Through Play

Since ADHD affects **planning, organization, and memory**, practicing executive function skills in a fun way can be beneficial.

 **Best ADHD-Friendly Games & Activities:**

- ✓ **Memory games** (Simon Says, matching card games).
- ✓ **Board games** (Chess, Connect 4, Jenga – help with patience & strategy).

- ✓ **Role-playing activities** to practice social skills.
- ✓ **Timers for challenges** (e.g., “Can you get dressed before the timer runs out?”).

Also use key technologies if helpful. See Blog 8 for the range.

 **Pro Tip:** Apps like “**Executive Function Coach**” provide digital tools for practicing planning and problem-solving.

6. Foster a Growth Mindset

ADHD kids often struggle with **self-esteem** due to frequent corrections and frustration. Encourage a **positive, growth-focused mindset**.

 **How to Encourage Resilience:**

- ✓ Praise **effort, not just results** (“I love how hard you tried!”).
- ✓ Reframe mistakes as learning experiences.
- ✓ Encourage **self-advocacy** by helping them explain their needs to teachers.
- ✓ Use “**yet**” language—instead of “I can’t do this,” say, “I can’t do this **yet**.”

 **Pro Tip:** Read books like “*The Girl Who Never Made Mistakes*” to reinforce growth mindset thinking.

7. Advocate for Support at School

Many ADHD kids **need accommodations** to thrive in school. Work with teachers to implement support strategies.

 **Helpful School Accommodations:**

- ✓ **Preferential seating** (front of class, away from distractions).
- ✓ **Extra time on assignments** and tests.
- ✓ **Break tasks into small steps** with written instructions.
- ✓ **Allow movement breaks** or flexible seating options.
- ✓ **Use of technology** (speech-to-text tools, audiobooks).

 **Pro Tip:** Consider an **IEP (Individualized Education Plan)** or **504 Plan** if your child needs formal support.

8. Strengthen Social Skills & Friendships

Many ADHD kids struggle with **social interactions**, but practice can help!



Ways to Boost Social Skills:

- ✓ **Role-play conversations** and taking turns.
- ✓ **Use social stories** to explain expectations.
- ✓ **Enroll them in structured activities** (sports, art, or LEGO clubs).
- ✓ **Teach self-advocacy** so they can express their needs.



Pro Tip: Encourage **short, 1-on-1 playdates** first before group settings to build confidence.

9. Prioritize Sleep & Restorative Practices

Sleep **directly impacts focus, mood, and emotional regulation**—but ADHD kids often struggle with it.



Tips for Better Sleep:

- ✓ **Consistent bedtime routine** (same time each night).
- ✓ **No screens 1 hour before bed** (blue light disrupts melatonin).
- ✓ **Weighted blankets** for calming sensory input.
- ✓ **Use white noise machines** to block distractions.



Pro Tip: Magnesium supplements (under doctor supervision) may help promote relaxation.

10. Stay Patient & Celebrate Progress

ADHD parenting requires **patience, flexibility, and lots of encouragement**. Focus on **progress, not perfection**.



Ways to Stay Encouraged:

- ✓ Keep a **“Wins Journal”** to track small victories.
- ✓ Remember that **bad days don’t define your child**.
- ✓ Lean on **support groups and ADHD communities**.
- ✓ Take breaks for **your own self-care**—you can’t pour from an empty cup!



Pro Tip: Join **ADHD parenting forums or local support groups** to connect with others who understand.

Final Thoughts

ADHD kids are **creative, energetic, and full of potential**—they just need the right tools to thrive. With **structure, patience, movement, and emotional support**, you can **empower your child to develop their strengths** and succeed in their own unique way.

Would you like **personalized ADHD strategies** or a **printable routine planner** for your child