

ADHD BEHAVIOR MANAGEMENT TIPS

- Must have Clear and Defined Rules
- Provide Honest Feedback
- Instant Rewards or Consequences
- Be Consistent Always
- Create Checklists
- Must Have Routines
- Always have Clocks and Timers
- Focus on the Positive
- Keep them Active
- Short Bursts of Tasks
- Only give 1 Task at a Time
- Find Ways to keep their Mind in Use