



ATLANTA ADHD
COACH

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NINE STRATEGIES FOR MANAGING TIME WITH AN ADHD MIND...



Many children and teens with ADHD have a problem with “time blindness”. This means they may struggle with awareness of time, estimating the time it takes to do a task and sensing the passage of time. If they have never experienced time differently, they may have no idea their awareness of time is different from others and could potentially be causing a problem. Below are some strategies to help them better manage their time.

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1. Set up routines. Involve your child/teen in setting up a routine. That way they are investing in finding what works best for them. Practice the routine you create together.
2. Work on sequencing. Such as first, next, then, before and after. This will help teach prioritizing skills. Think about turning your child/teen's routine into a checklist. What needs to be done first, second, third, etc... Make it interesting and fun!
3. Make time visual. This is so important to someone who is blind to time. Get clocks, watch, hourglass. Have them out so your child/teen can see it and keep track of the time. There are lots of fun bright colored clock out there. Find one that your child/teen likes and is willing to use. Put them all over the house.
4. Set a time limit - Say out loud how long it is likely to take to do a task then write it down. For example, I will work on this task for a specific amount of time (20-30 minutes) and set a timer. Start with what you know is possible and doable.
5. Put time on their side. Allow for extra time to do things. Give them an extra 10 minutes for a new habit or routine. Make your child/teen's schedule more flexible. For example, if they need to be somewhere at a certain time, aim for 10-15 minutes earlier.
6. Use a planner. Teach your kids to plan. Practice writing down appointments, assignments, after school activities, when tests and assignments due. This can be done using a daily, weekly or monthly planner. Figure out what works best for you and your child. Have your child create their own calendar or pick their own planner. Have a master calendar visual in a central room of the house as a reference.



7. Choose the right time. Think about the best time of day to complete work. When are you or your child most alert, active and willing to study or get things done. This is also a great time of day to plan out your day or week.

8. Schedule downtime. Leave some buffer time in the schedule to relax and do nothing or do something you or your child enjoys. Take a brain break and have fun...or just relax!

9. Have a consistent sleep schedule. Sleep is important and lack of sleep can lead to lack of focus. Feeling tired during the day makes it harder to stay on task. Bedtime should be added to the schedule/routine and be consistent.

Happy Time Managing!

Coach Kelley

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