

ADHD: Understand & Connect (Quick Toolkit)

A one-page, connection-first guide for home and classroom support. Built for calm routines, dignity, and practical steps.

What ADHD can look like (in real life)

ADHD often shows up as difficulty with attention regulation, impulse control, and managing energy levels. These are skill areas, not character flaws.

- Moves constantly or fidgets to stay regulated
- Starts tasks but struggles to finish without support
- Big reactions when overwhelmed or rushed
- Forgets steps, loses items, or needs reminders

Connect before correct (the core move)

When a child is dysregulated, logic and lectures do not work. Start with connection, then guide skills.

- Get close, use a calm voice, and name what you see: “This is hard.”
- Offer one simple next step: “First shoes, then we go.”
- Use short directions (one step at a time).

Environment tweaks that help today

Small changes in space and timing can reduce conflict fast.

- Visual routine or checklist (morning, homework, bedtime)
- Timers for transitions (2-minute warning, then go)
- Movement breaks (2-5 minutes) before focus tasks
- Reduce choices when stressed; offer 2 good options

Language scripts (copy/paste)

- “I’m here. Let’s do one step together.”
- “First ____, then ____.”
- “Show me with your body: ready hands, ready eyes.”
- “We can try again. I’ll help you reset.”

Educational content only. Not medical advice. If you have urgent safety concerns, contact local services or a qualified professional.