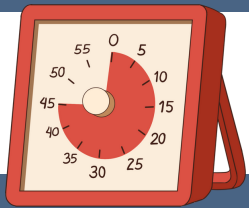


Good Things for Kids with ADHD (and anyone)



Have a daily schedule for activities and tasks

Give regular small rewards for successes



Use a timer for activities. Break things up into smaller intervals

Make time for non-electronic relaxation time



Minimize electronics time - especially in the evening

Teach organization skills



Kids need around **9** hours of sleep nightly