

6

Tips to Help Your Child with ADHD Transition Back to School

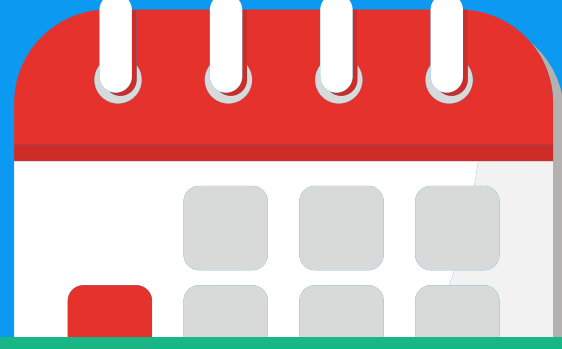
Brought to you by **MIGHTIER** and **ADHD Empowerment Coaching**



1. Establish Routines.

Consistent, predictable routines are huge for kids who struggle with organization, planning, and transitions. Work with your child to create a schedule with visual aids (like a calendar with pictures).

Then practice it! Focus on bedtime and wake-up routines, packing backpacks and laying out clothes to get into a rhythm.



2. Engage with Teachers

Helping your child's teacher to understand their needs can go a long way. Consider organizing a meeting with the school psychologist, counselor, and both current and former teachers to explore helpful strategies and interventions.

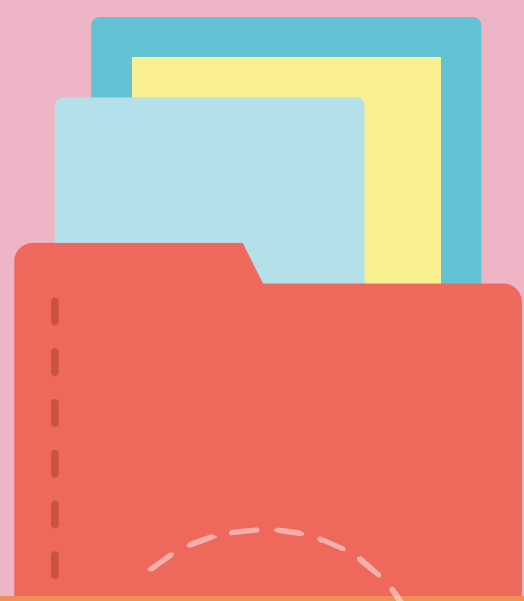
It may also be useful to review their Individualized Education Plan (IEP) or 504 Plan.



3. Organizational System

Develop a simple system to help your child keep their backpack, study space, and desk organized. Use color-coded folders for different subjects and designate pockets for homework and notes.

Work with your child and their teacher to address any specific needs. Set aside time each week, like on Sunday evenings, to help your child reorganize their folders and backpack. Depending on their age and needs, you may need to be actively involved in this process.



4. Look for Nerves

Kids don't always have the words or emotional awareness to understand their feelings. That stomach ache or moodiness likely has an underlying cause - usually anxiety. If you notice signs that your child is worried or on-edge, open up the door for conversation.

Ask them what they think about school starting or if there's anything worrying them, and validate the naturalness of these emotions.



5. Plan and Prep

New teacher? New building? New routine? Talk through upcoming changes. Make sure your child knows who to talk to if they need help during the day, where to go for lunch, or the best times to use the bathroom! Visit the school and walk through these scenarios.

This sort of prep helps build muscle memory, which will be incredibly helpful in navigating these situations when they might be feeling overwhelmed or overstimulated.



6. Practice Calm

For all of us, but especially for kids with ADHD, it's important to have moments to slow down and reset (physically, mentally, and emotionally).

Practice calming strategies like deep breathing and progressive muscle relaxation before the school year starts, and build them into a morning or afternoon routine.

This will help your child feel more emotionally regulated during the day.



Bonus Tip!



Feeling prepared and on-track helps reduce your child's feelings of stress, anxiety and overwhelm as they begin the school year, which has important trickle-down effects for their overall mood, emotional wellbeing, and ability to be cognitively present during the school day. You got this!

To learn more about how to support kids with ADHD, visit: www.mightier.com and www.adhdempowermentcoaching.com