

Using

EFFECTIVE DIRECTIONS

Effectively



Typical kids get 17 directions per 30 minutes. Kids with ADHD get 40!

So they get good at **tuning out**.

It's all about **HOW** you ask.

So...**less** is more.

Be **brief, specific** and **straight to the point**.

Decide on what is really important...and what isn't.

Try and **cut your directions** by 50%.

Is it about **safety** or respect? No? Let it **go**.

Remember to get their attention: **Touch**, then **talk**.

Think about whether you **really need** to give the direction.

Tell them what you want them to **DO** not what you want them to **STOP**.

Busy minds = forgetful **minds**. SO break commands down **step by step**.

Checklists are helpful for you **both** to follow.

Set a timer!

Make a **statement**, don't ask a **question**.

Be prepared to **follow through** on consequences!

For kids with ADHD - use the "**30% Correction**" guide....a 9-year old may behave like a 6-year old.

Is your child able to do what you are asking?