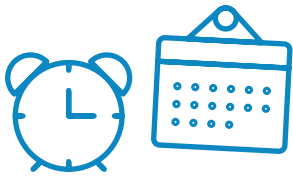


Helping Kids with ADHD Thrive This Summer



Create a Flexible Routine

- Use visual schedules (whiteboard, sticky notes)
- Establish daily anchor activities (family walks, lunch together)
- Support transitions with timers or visual cues
- Leave space for free time and unstructured play



Manage Screen Time

- Set clear screen time rules and stick to them
- Use visual timers to help kids manage limits
- Prioritize interactive screen time (coding, music making)
- Designate screen-free zones (meals, bedtime)
- Offer fun alternatives (bike rides, crafts, STEM kits)



Support Social Skills

- Try ADHD-friendly camps or clubs
- Plan low-pressure playdates or park meetups
- Get the family involved in games or projects
- Practice social skills at home with role play



Improve Sleep

- Keep bedtimes and wake times consistent
- Build a calming, predictable bedtime routine
- Cut down screens at least 30 minutes before bed
- Use sensory supports like weighted blankets and white noise



Take Care of Yourself

- Make space for your own reset, even short breaks
- Connect with friends, family or ADHD parent communities
- Let go of perfection and celebrate small wins



Want more practical ADHD parenting insights?
Listen to Josh LeJeune, NP, on ParentingU
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fmolhs.org/parentingu

