



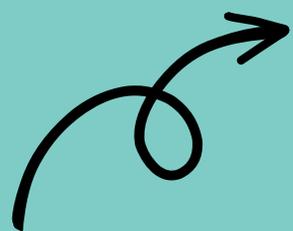
Thank you for following along on social media. I am so excited to share this "cheat sheet" with you!

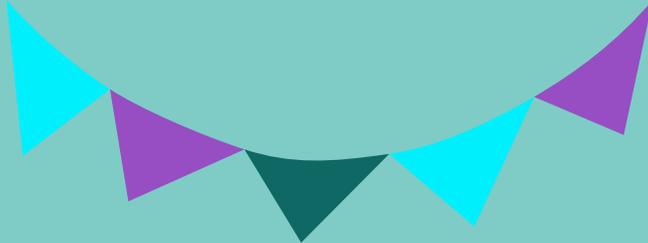
## 5 Strategies to Try When a Child with ADHD isn't Following Directions

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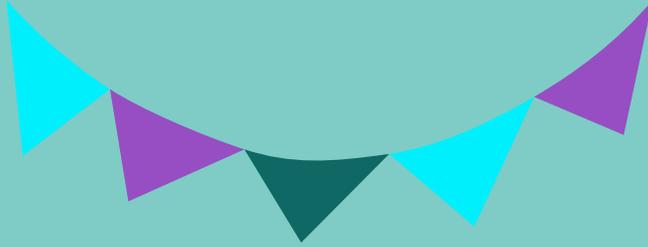
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# "5 Strategies to Try When a Child with ADHD isn't Following Directions"

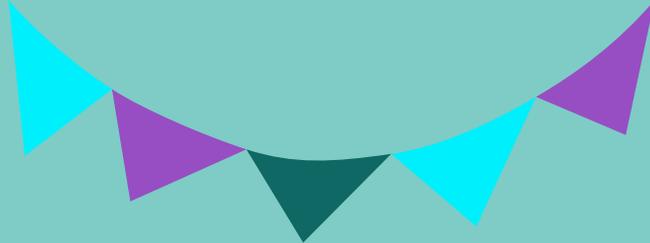
**When you notice a child with ADHD no longer following directions, try these 5 strategies. Remember a consequence won't likely help if a child can NOT change their behavior. It's likely in these moments that they need some support and accommodations, not a consequence.**



1. Get them moving! 10 jumping jacks, a quick walk, a yoga pose or, even standing instead of sitting can make a difference.

2. Is this a time when sitting is important? If it is considered flexible seating? Can they sit on a wobbly stool, a rocking chair, sit on a bumpy cushion? These seats allow for sensory input that can increase focus and cooperation.

3. Mix it up! Those with ADHD tend to be less mature than their neurotypical peers, some estimate 2-3 years less mature! Therefore they can't be expected to have the same attention span as their peers. Therefore mixing things up with a break, or change in activity can help!



4. Get silly! ADHD brains are deficient in that feel-good chemical "dopamine" therefore they are always craving novelty. Give directions in a silly voice, crack some jokes, and develop an accent... Whatever works!

5. Approach them in a non-judgmental way, and ask them what's going on? Their answer may surprise you!