



7 ADHD PARENTING GAME-CHANGERS

FAST, PRACTICAL, PROVEN STRATEGIES TO MAKE
LIFE A LITTLE EASIER FOR YOU AND YOUR KID

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THE 2-MINUTE TRANSITION TRICK

ADHD brains struggle with transitions, but a simple preview + micro-transition can make a the difference.



Give 2-Minute Verbal Warning

"In two minutes, we're switching to homework."
(Add prior 10- and 5-min. warnings, if needed.)

PRO TIP: Use a visual timer (like a TimeTimer) to show time left.



Bridge the Transition w/a Small Step

"Grab your backpack on your way to your homework spot."



Validate Their Feelings

"I know it's hard to stop something fun. Want to set a time to finish later?"

THE 1-WORD DIRECTION HACK



Don't Say

✘ "Go put your shoes on right now, we're late!"

✘ "Can you please clean up this mess?"

✘ "You need to start your homework."



Say Instead

✔ "Shoes."

✔ "Toys."

✔ "Math."

WHY IT WORKS: ADHD brains tune out long instructions. 1-word cues eliminate processing overload and create immediate clarity.

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STOP HOMEWORK BATTLES

Before homework, get your kid's brain in *ready mode*:

Movement + small wins = activation!



Start with Regulation

Incorporate movement or other regulation activities like: blowing bubbles or wall pushes.



Choose Easy First

Let them pick the easiest problem or task first to reduce overwhelm and create quick success.

PRO TIP: This also offers a sense of autonomy.



Start Small

Set a timer for 5 minutes — just getting started is the hardest part!

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THE SECRET SIGNAL

***PRO TIP:** Let them choose so they have ownership.*



For Younger Kids

A secret “pause” hand signal before frustration escalates.



For Tweens/Teens

A special object they can carry to remember to ground themselves.



For Parents & Teachers

A silent cue instead of verbally reminding them in front of others.

Why It Works: Avoids power struggles, helps kids recognize dysregulation early, and makes co-regulation feel safe, not shameful.

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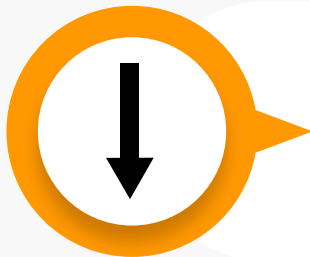
THE ENERGY CHECK METHOD

"Is your energy feeling too high, too low, or just right?"



If Too High...

Try deep belly breathing, stretching, or a weighted blanket.



If Too Low...

Try a quick walk, energizing music, or a protein-packed snack.



If Just Right...

Great! Keep going. Consider what you can do to sustain that just-right energy.

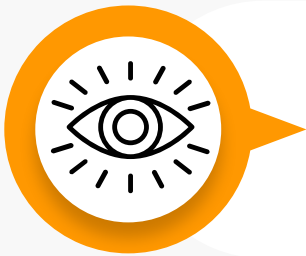
Why It Works: ADHD kids struggle to notice when they're dysregulated before they're already overwhelmed. A regular check-in is proactive and builds self-awareness.

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NO MORE NAGGING STRATEGIES

Instead of repeating yourself, use external reminders that don't rely on working memory:



Visual Lists or Reminders

For example, a Morning Checklist routine card, sticky notes, routine apps, etc...



Alarms and Timers

Set reminders for transitions, activities, events, chores, and more...

PRO TIP: [TimeTimer](#) is a visual timer, helpful for kid with Time Blindness.



Do It Now Rule

Set a household/classroom rule that, if a task takes less than 2 minutes, you do it immediately.

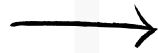
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THE MINDSET SHIFT

Reframe the Behavior!

Instead of

- ✘ They're being defiant.
- ✘ They never listen to me.
- ✘ They're so messy and disorganized.



Try

- ✔ They're feeling dysregulated.
- ✔ Their brain struggles with processing.
- ✔ They need external supports.

WHY IT WORKS: ADHD is *NOT* a behavior problem – it's a brain difference. When parents and teachers shift our mindset, we shift how we support and empower our kids.

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