



ADHD Routines Infographic

Children with ADHD often struggle with routines due to executive function challenges. Understanding these difficulties can help parents create **structured, supportive** strategies to improve daily success.

Executive Function Struggles

- ✓ **Time Blindness** – Difficulty understanding how long tasks take or transitioning between activities.
 - ✓ **Forgetfulness** – Missing steps in routines or needing constant reminders.
 - ✓ **Task Avoidance** – Procrastination or resistance to starting non-preferred tasks.
 - ✓ **Impulse Control** – Getting distracted by other activities instead of sticking to the routine.
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Common Routine Pitfalls & Solutions

- ✗ **Pitfall:** Struggling to get ready in the morning.
 - ✓ **Solution:** Use **visual schedules** or step-by-step picture charts.
 - ✗ **Pitfall:** Taking too long to transition between activities.
 - ✓ **Solution:** Set **timers or countdown warnings** to prepare for the next task.
 - ✗ **Pitfall:** Forgetting essential steps (e.g., brushing teeth, packing a backpack).
 - ✓ **Solution:** Create **checklists** for recurring tasks and place them where they are easily seen.
 - ✗ **Pitfall:** Losing focus while doing homework or chores.
 - ✓ **Solution:** Break tasks into **small, manageable steps** with built-in movement breaks.
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Parent Support Strategies

- ◆ Give **clear, one-step directions** to avoid overwhelming them.
- ◆ Use **“first-then” language** (e.g., “First brush your teeth, then we read a story”).
- ◆ Reward **effort, not just results** to encourage progress.
- ◆ Be patient—**consistency builds habits** over time!



💡 Want to Improve ADHD Routines?

Book a **free 30-minute consultation** to get **personalized guidance**.



[Schedule Here](#)

Empower • Educate • Elevate

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Warmly,

Tom