



Keywords: ADHD - Planning - Making everyday life easier

Initial situation

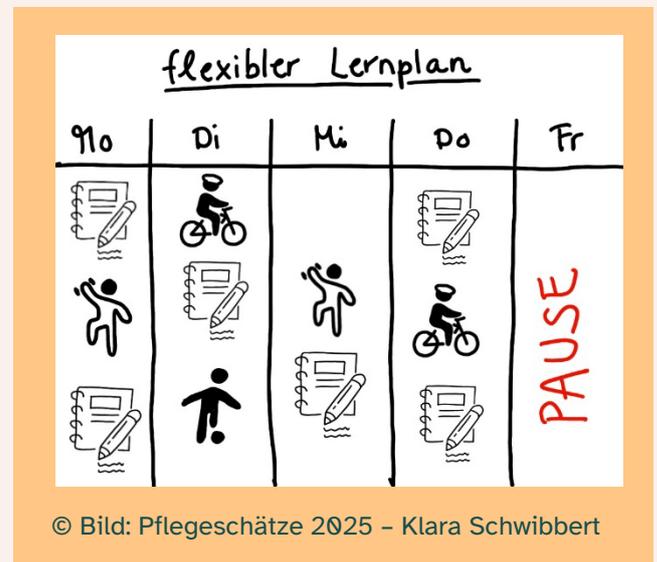
A parent explains that their child has ADHD and therefore struggles with fixed structures. This makes it difficult or sometimes impossible for the child to do their homework at a set time. It is also difficult to motivate the child to study.

The care treasure

The parent gives their child freedom to complete tasks such as homework. They consider various options for when and how these tasks can be completed. The parent plans the entire week in their heads. For example:

- What is on the agenda?
- When can homework be completed?
- When and how can vocabulary be learned?

This way, the parent has various options ready and can react flexibly if the child does not manage to complete the tasks in the planned time. For example, the child can do their homework either in the afternoon or in the evening. They can learn on the move or at the table, or take breaks from their tasks to do pull-ups. They can also learn vocabulary on the go.



Benefit

These strategies enable the parent to respond flexibly and calmly. If something does not work out immediately, they have sufficient alternatives.