

Creating an ADHD-Friendly Home for Your ADHD Daughter: A Comprehensive Guide

INTRODUCTION

To help your ADHD daughter function her best at home, there are many simple things you can do that will make her life easier to negotiate. By reducing the demand on her memory and executive functions, she will be less overwhelmed, confused and stressed. By providing routine and structure for her day, she will become more competent, confident and independent and your family life will be more enjoyable



UNDERSTANDING ADHD IN THE HOME SETTING

- Her ability to sequence tasks (knowing which steps come first, second, last, etc.) can be challenging, which makes seemingly simple routines like getting ready for school or cleaning up after playtime feel overwhelming.
- She may be unable to sustain attention on tasks that are not interesting. She may be easily distracted by external stimuli (like noises or movements in the background) or internal thoughts (daydreaming), which can make it hard to complete tasks.
- Children with ADHD may have heightened or reduced sensitivity to sensory input such as an aversion to certain textures in clothing or food, discomfort with loud noises, or a need for constant physical movement. Your daughter may become easily overwhelmed or distracted by sensory stimuli that other children easily ignore.

Visual Schedules and Checklists



Parents can create charts with simple graphics that remind their daughter of her daily activities. What does she need to do after waking in the morning to get ready for school? What about after school when she gets home? And still another chart to remind her of what to do to get ready for bed. As she matures, there can be additional charts to remind her about completing homework and performing household chores.

The charts or checklists which remind her of the tasks as well as the sequence, lessen the load on her executive functions and encourage her independence.

The routines established with the checklists relieve parents of supervision and lessen the nagging that might otherwise occur around these simple activities.

[Here is a free resource for many great checklists to use with young children.*](#)

[*https://www.nurtureadhd.com/op/routines-checklist-lm](https://www.nurtureadhd.com/op/routines-checklist-lm)

DESIGNATED STUDY AND PLAY AREAS

To foster good study habits, set up a study area with a simple desk in a quiet, well-lit location. For younger children this might be near a parent's work area. Equip the area with all the tools she needs for her schoolwork as this will lessen distractions and interruptions. If possible, purchase an adjustable desk and chair which can be adapted as she grows.

To create an appealing play area, solicit her input on what she would like included for toys and games. Arrange for proper storage with labeled containers or large bins and teach her that everything has a place to be when not in use.

- ✔ **Make the space visually attractive without being overwhelming** to reduce sensory overload. Although, there are some children who prefer bright and busy environments so explore what appeals most to your daughter.
- ✔ **Establish the expectation** that she maintains order in her play space. You will be teaching her a healthy habit as children with ADHD tend to be messy even though they benefit from an environment that is not chaotic.



CONCLUSION

It will take some time and effort to create the home environment described in this handout, but it will be worth it as it will make life more pleasant for you and your daughter. And by creating a home with routines and expectations, you implement many of the best practices to help children with ADHD thrive.

HELPFUL ORGANIZING PRODUCTS

Picture Schedule: [SchKIDules Visual Schedules for Kids](#): A magnetic board with icons representing different tasks and activities, making daily routines easy to understand.

Hooks and Hanging Organizers: [3M Command Hooks](#): Easy to install and remove without damaging walls, great for hanging backpacks, coats, and hats.

Desk Organizers: [Honey-Can-Do Kids Toy Organizer with 12 Storage Bins](#): An organizer that combines a workspace with storage bins underneath, ideal for arts and crafts.

Noise-Canceling Headphones: [Puro Sound Labs BT2200](#): Volume-limiting and noise-canceling headphones that are suitable for focused activities or relaxation

Label Makers: [Brother P-Touch PT-D210](#): Easy to use with various font styles that can make labeling fun and creative

Storage Bins with Labels: [IKEA TROFAST Storage Combination](#): Colorful bins of different sizes that can be labeled and used for sorting toys, art supplies, etc

Wall Calendars and Planners: [Melissa & Doug My First Daily Magnetic Calendar](#): A kid-friendly calendar that helps track days and activities with colorful magnets

Visual Timer: [Time Timer MOD](#): A simple, visual timer that shows how much time is left for an activity, helping with time management.

Public domain CCO. You are free to copy, modify, distribute, and use this content for any purpose, without restriction. Attribution to [FINDtheADHDgirls.org](#) and the included QR code must be retained in all copies and adaptations. You may put your information in the space provided on the left.

✉ findtheadhdgirls@gmail.com
 🌐 www.FINDtheADHDgirls

Follow, share, like and comment

📘 @FINDtheADHDgirls
 📺 FINDtheADHDgirls
 🎧 @FINDtheADHDgirls.org

