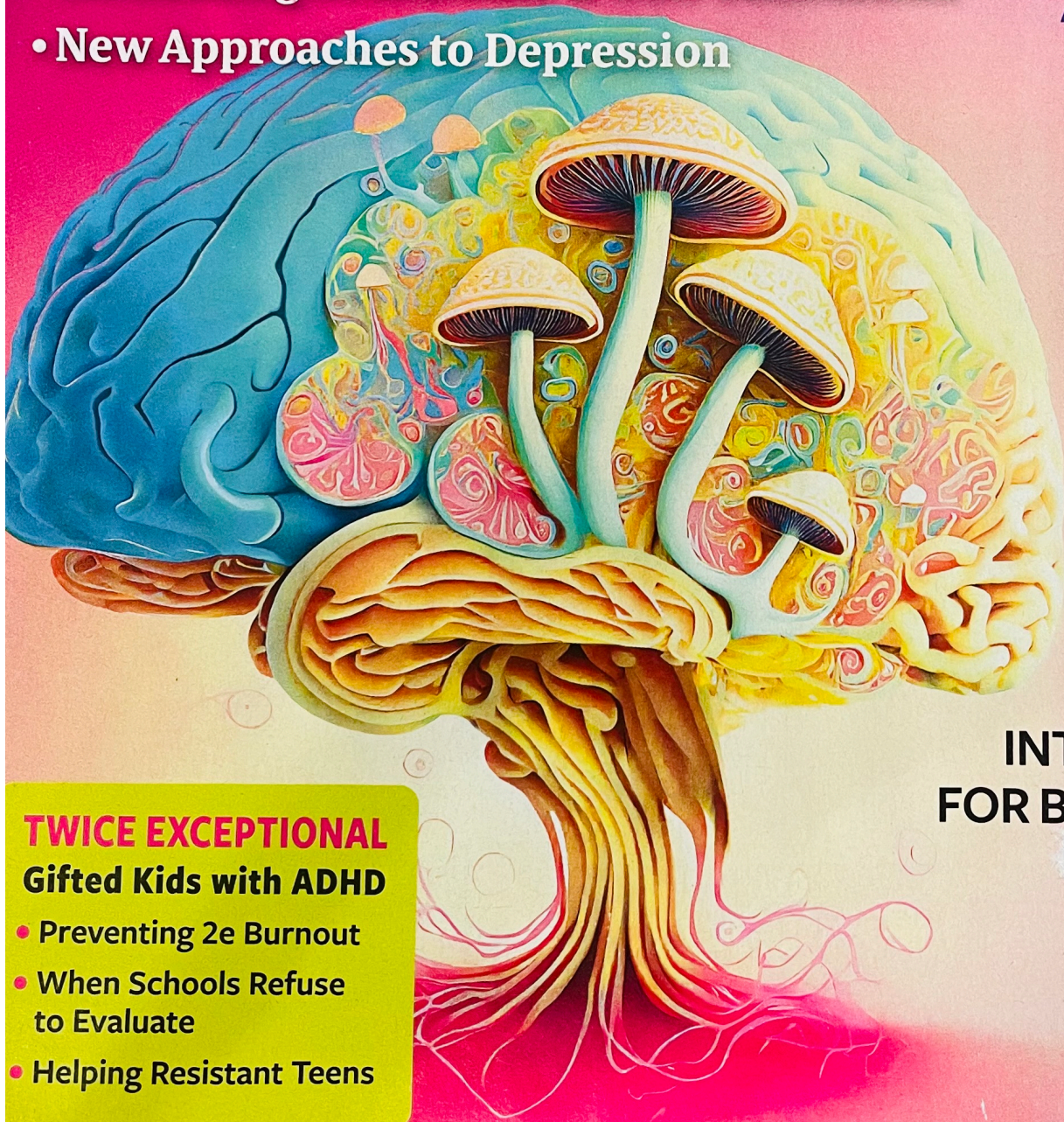


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“I Don’t Need Your Help, Mom”

Your student is often late with assignments, but they rebuff your time-management solutions. Here’s how to find common ground. **BY LESLIE JOSEL**

AS WE MOVE INTO THE SECOND half of the school year, and assignments begin to pile up, it’s apparent that your middle or high school student needs help with their time-management skills. You share tips and tools to support your child, only to be rebuffed—again. It’s frustrating and exhausting.

First, it is important to know that time-management challenges affect most teens, especially those with ADHD and weak executive functioning skills. I’ve heard countless stories about research papers written the night before they were due, tussles over getting out the door in the morning, and generally being late for everything.

These struggles all center around time-management issues.

While many teens insist, “It’s not a problem,” or “I’ve got everything under control,” or, worse, “I don’t need your help,” very few enjoy all-nighters, last-minute scrambles, or constant arguments with their parents. Teens want to do well. They just don’t always know *how*, or they want to do it their way.

Here are three important lessons I’ve learned as a coach:



Lesson #1

Caregiver involvement is critical to a student’s success.

You don’t have to hover over your teen every minute, but you also don’t want to leave them to figure out everything on their own. Whether you’re offering support and guidance from the sidelines, steering them

and practice. Consistency is key. When my son was younger, I tried to make every situation into a teaching moment. “Eli, if you need to be at play rehearsal at 5:15 p.m., what time do you need to leave the house?” “What’s your plan for studying for your math test on Friday when you don’t get home from play rehearsal until late on Thursday?”

“Caregiver involvement is critical to a student’s success.”

toward resources they can use independently, or providing scaffolding every step of the way, it’s essential to create a nurturing, collaborative, and positive environment in which your teen can safely practice—and eventually master—these skills.



Lesson #2

Time-management skills are not something to be taught once, mastered, and moved on from. They are skills that one must learn



Lesson #3

Know when it’s time to consult professionals. Your teen needs to be on board and willing to work with you for strategies to succeed. And, truthfully, parents aren’t always the best teachers for their children. Whether emotions get in the way, or you don’t have the skill set to teach your teen, don’t be hard on yourself. An ADHD coach or executive functioning tutor may be the answer. In my years of practice, even the students most resistant to their parents’ help came around. It just took time. **A**

LESLIE JOSEL is a coach and founder of Order Out of Chaos.