



ADDITUDE

Strategies & Support for ADHD and Beyond

Work It!

SPECIAL REPORT

THE STUDENTS LEFT BEHIND

- The Alarming Gap in Teacher Training
- Fighting Off-the-Books Suspensions

SUPPLEMENTS FOR ADULT ADHD HYPE OR HELP?

WHEN YOUR PARTNER LIES

SUCCESS @ SCHOOL

YOUR BACK-TO-SCHOOL MANUAL

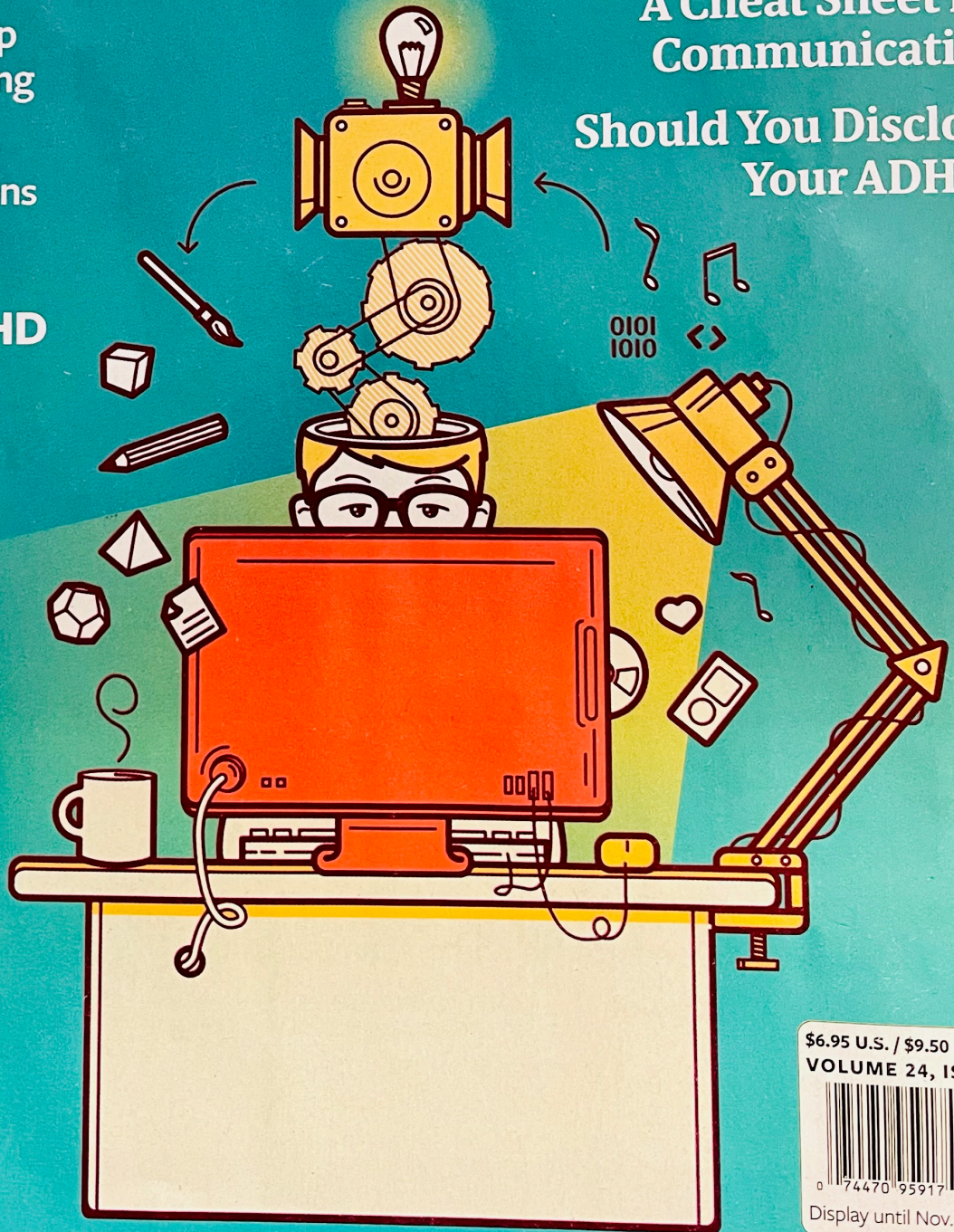
- Start the year off right
- Sharpen executive functions
- Teacher conference worksheet



Ace the Job Interview

A Cheat Sheet for Communication

Should You Disclose Your ADHD?

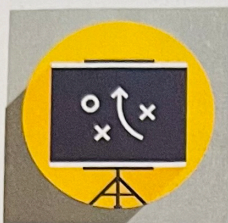


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4 Clever Tactics for Homeschooling

Use these expert strategies to ease the process of working with neurodivergent students across grade levels. **BY LESLIE JOSEL**

Q Do you have tips for multi-grade homeschooling? I have four boys in three different grades, and all of us, including me, have ADHD.

Since children of different ages have different needs, here are some ideas to help.

1 Schedule “class time.” No matter their age, keep your students on a school schedule. If they had to be physically present for class outside the home, they would set their alarm and get themselves out the door on time. Homeschooling schedules and classes need to be treated with the same importance.

2 Have your children “body double” one another. For some children with ADHD, working in the same room as others helps them stay

motivated and on task. With that in mind, create a common work area for all of your children. The only rule is that this is a time for working, not talking. Place an inexpensive tabletop presentation board on the kitchen table so everyone has some privacy. Make sure you provide plenty of snacks.

3 Infuse learning with movement. Homework is boring and doing it in the same place all the time can get old quickly. Changing your children’s environment will keep things interesting and fresh when they start to lose focus and attention. Games like “Hide the Homework,” where kids search the house for hidden assignments (they

complete them where they find them), helps to add an element of fun and surprise to the daily routine. Spelling words can go in the bathtub (no water!) and math problems under the kitchen table. Or play “Beat the Clock” by setting up subject stations around your kitchen or dining room table. Place a timer in the middle; when it goes off, your child moves to the next station. Incorporate younger children into the mix with art or reading stations.

Get outside! I have students doing math homework with sidewalk chalk or learning vocabulary words while jumping on a trampoline. Have a dog that needs walking? You grab the flashcards, your child grabs the dog, and by the time you’re back, they’ve studied for the exam.

4 Create a playlist. Music helps the brain plan, focus, and initiate. Have each of your children create a study playlist of music they love. The key is to start the same playlist every time they sit down to work. Eventually, the music will act as a motivator—hearing it will signal to the brain that it’s time to get work done.

5 Designate different areas in your home for school and homework. Any way that you can set up their environment to provide motivation is a win. **A**

ADHD Family Coach LESLIE JOSEL is founder of Order Out of Chaos, a virtual company. She is the author of several books, including *How to Do It Now Because It’s Not Going Away: An Expert Guide to Getting Stuff Done*.

