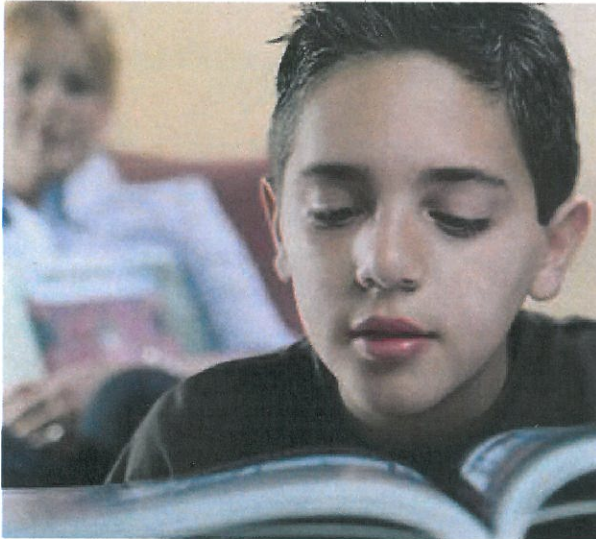# Help Your ADHD Child Organize Homework

Teach your child these after-school organization tips to help him learn to schedule and prioritize his daily homework assignments.

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If your child has attention deficit disorder (ADD ADHD) or a learning disability, you may have gotten used to being the one who decides what he does, and when he does it. At some point, however, your child must learn to maintain his own schedule and set his own priorities. If he reaches high school without knowing these skills, he'll have big trouble keeping up with assignments and extracurricular activities.

What does it take to get your child to assume control of his schedule? Create an ADHD school organization plan.

Step one is to get him into the habit of using a daily planner. Have him sit down with it after breakfast every morning, to review how his time will be spent that day, and which tasks he needs to accomplish. Make sure the planner accompanies your child to school, and that he writes down all test dates, due dates, assignments, and so on in it.

After-school review

When your child gets home from school, sit down with him and his updated planner. Together, review the homework assignments for the evening. You may be tempted to tell him what to do and when. Don't. Instead, pose a series of questions to help him set priorities. You might ask, "Do you think you should start with those math problems? Or would it be better to do your math after you finish outlining that chapter in your science book?"

Feel free to make a helpful observation or two: "Last week you chose to work on your math first because you like it, and it's easy for you. But I've noticed that you're better at tuning in to details when you're freshest, so you may want to make proofreading your book report the first priority today."

Preparing the Planner for School Organization Success

Just about any planner will do, as long as there's enough space beside each date to pencil in activities, events, homework assignments, due dates, and so on.

Before giving the planner to your child, enter all of his regularly scheduled activities (art class, soccer practice, therapy sessions, and so on). Then teach him to pencil in activities and assignments as soon as he learns of them. That way, he can leave the "remembering" to his planner — and quit worrying about missed appointments or forgotten assignments.

ADHD School Organization