This booklet was created with the help of parents with children who have ADHD and professional ADHD coaches.
“I might break a few too many rules, but someday I’m gonna change them!”

Dedicated to children with ADHD on their road to success. Kids with ADHD are sometimes known for their disability. But someday, your child with ADHD could be known for his or her abilities.

As a parent, you see your child’s talents and abilities every day. The following pages will show you how you can work with your child to build his or her own Road Map to Success, so he or she can continue to make progress and shine.
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Your child’s ADHD Road Map to Success starts here.

This booklet features practical tools and information—from organizational tips and assessment charts to coaching and rewards. Whether you’re a parent whose child is starting, or continuing, ADHD treatment, this 4-step guide is designed to help you work with your child to develop his or her own Road Map to Success—to help your child achieve success today and tomorrow.

Ahead are 4 steps toward your child’s success:

Step 1  Take a “snapshot” of how your child is doing today
Step 2  Set SMART goals that will help your child move ahead
Step 3  Take action with practical tips to achieve goals
Step 4  Track and reward your child’s success
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Take a “snapshot” of how your child is doing today.

Taking a snapshot of where your child is today—assessing his or her strengths and areas for improvement—is a useful way to help you set meaningful goals that pave the way for tomorrow’s success. The tips below can act as a useful guide. And on the following pages, you’ll find some tools to help you assess your child’s unique talents and abilities as well as assessing how your child’s current ADHD treatment plan is working.

Some helpful tips for a successful snapshot:

- Talk with your child about favorite subjects and activities. What makes your child enthusiastic? Happy? Concerned? Frustrated?
- Review old report cards to identify subjects your child is good at, as well as ones he or she finds more difficult. Are there consistencies? Inconsistencies? (Report cards may also provide insight into leadership qualities, social styles, and ability to get along with others.)
- Ask others for input—such as your spouse, teachers, caregivers, and coaches—who interact with your child on a regular basis. (You may want to discuss your own findings and ask for their insight.) You can include this information in your next discussion with the doctor.
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Take a “snapshot” of how your child is doing today.
### Snapshot: Your child’s talents, abilities, and interests.

Answer the questions below to determine the areas in which your child has had the greatest successes.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>What does your child enjoy doing? Excel in? What are your child’s most obvious talents and abilities—academically and socially?</td>
<td></td>
</tr>
<tr>
<td>Think of what gives your child the greatest sense of accomplishment. What activities does your child stick with even when frustrated?</td>
<td></td>
</tr>
<tr>
<td>What school subjects does your child master most easily?</td>
<td></td>
</tr>
<tr>
<td>In what social settings or situations is your child most comfortable?</td>
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### Snapshot: Areas for improvement.

Answer the questions below to determine your child’s current areas for improvement.

<table>
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<tr>
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<td></td>
</tr>
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<td>What settings or activities tend to be more difficult? (e.g., the classroom, school cafeteria, family outings)</td>
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</tr>
<tr>
<td>What school subjects or extracurricular activities does your child not like?</td>
<td></td>
</tr>
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Complete your snapshot by assessing your child’s current ADHD treatment plan.

On the opposite page is a tool that can help you see how symptoms are affecting your child’s ability to succeed throughout the day—at school, home, and among friends. This is another important consideration for setting goals and assessing whether your child is making progress on his or her current ADHD treatment plan. Next, use the space below to write down what you’ve tried that’s worked and hasn’t worked, such as tutors, coping strategists, behavioral therapists, and medication.

Use the notes you’ve made and your answers to the questions on the following page when talking to the doctor about your child’s progress. If your child isn’t making as much progress as he or she can, ask the doctor about other treatment options.

Once you’ve completed the snapshot of your child you can use your answers to set goals (Step 2). To use these assessment tools online and learn more, go to www.adhdroadmap.com.
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<th>What’s worked</th>
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### Questions To Consider

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<th>Never or Almost Never</th>
<th>Sometimes</th>
<th>Often or Frequently</th>
<th>Always or Almost Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Teachers report homework is not turned in or is incomplete</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Your child does not sit still or pay attention in class</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Transitions between classes are difficult for your child</td>
<td></td>
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<td></td>
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<table>
<thead>
<tr>
<th>Home</th>
<th>Never or Almost Never</th>
<th>Sometimes</th>
<th>Often or Frequently</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. After-school activities are difficult</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Getting along with other family members is difficult</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. ADHD symptoms are controlled through those tough homework hours from 4 pm to 6 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<table>
<thead>
<tr>
<th>Among Friends/Social Interactions</th>
<th>Never or Almost Never</th>
<th>Sometimes</th>
<th>Often or Frequently</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. Your child often does not wait for his or her turn during play</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Your child does not get along well with friends and schoolmates</td>
<td></td>
<td></td>
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</tr>
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<td>3. Friends rarely invite your child to social activities</td>
<td></td>
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Set your child up to succeed with SMART goals.

Setting SMART (Specific, Measurable, Agreed-upon, Realistic, and Timely) goals with your child is an important part of creating a road map for success. Goals can be about academic or personal achievement, behavior improvement, even household chores. When you and your child work together and commit to SMART goals, your child may be more motivated to stick with it until he or she succeeds.

**Specific:** Develop specific goals that are clearly stated.

**Measurable:** It should be easy to determine if goals are reached. A goal is measurable if you can clearly determine if progress is being made towards reaching the goal.

**Agreed-upon:** Talk about the goal with your child so that you both agree and commit to it.

**Realistic:** The goals you both agree to should be within your child’s ability to accomplish.

**Timely:** A timely goal is one that can be achieved within a time frame that is meaningful—not too far in the future, so he or she can stay motivated.

Set SMART goals that can help your child move ahead.
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**STEP 2** Set SMART goals that can help your child move ahead.
Now let’s set some SMART goals!

Choose one or two areas you’d like your child to turn into achievable goals. It’s just as important to enhance strengths as it is to develop areas for improvement. You may want to talk to your child’s doctor, healthcare professional, and teachers for input.

- Think of how your child can achieve each goal and what actions need to be taken to achieve them.
- Agree on a time frame and be sure it’s one your child understands.
- Consider rewarding your child with something appropriate like stickers or extra TV time as he or she makes progress along the way. When your child achieves the goal, you can celebrate together and move on to the next one.

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<tr>
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<th>Agree &amp; Sign</th>
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<tr>
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<td>Next report card</td>
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<td>Mom</td>
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Practical tips and other ways to help your child succeed.

As a parent, you see your child’s talents and abilities better than anyone. And you want to make sure everyone sees him or her the same way you do. The following pages offer useful tips to get you started—including 10 practical tips to help your child improve organization and focus at school and at home—and to work with your child’s teachers to help your child do the best he or she can do every day.

Coaching your child to succeed.

You may want to think of yourself as your child’s coach. As his or her coach, your role will be to encourage, set goals, motivate, and seek to improve skills and performance over time. It also helps to be a bit of a cheerleader and frequently praise your child’s talents and abilities. By encouraging his or her efforts, you build self-esteem and confidence which may lay the groundwork for future success.

The importance of building a support team.

On the next few pages, you’ll also learn how to approach the people who play an important role in your child’s life and can help your child succeed. You’ll want to think of these people as your child’s support team. On the next few pages, you’ll find some tips and tools to help.
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10 practical tips to help your child improve organization and focus at school and at home.

1. **Create a schedule.** Try to follow the same routine every day.

2. **Put up a copy of the schedule to provide visual reinforcement.** Post the schedule in a prominent place so your child can see where he or she is expected to be during the day and when it’s time for homework, play, and chores.

3. **Try to keep tasks simple.** Try not to have too many things on the schedule for your child to remember. This way he or she has a better chance of completing each task—which can provide a sense of accomplishment.

4. **Help your child get organized.** Work with your child to create a “home” for his or her backpack, toys, and clothing so these items will be less likely to get lost. Give your child a checklist that he or she can refer to before coming home from school, to help your child remember to bring home important papers and homework assignments.

5. **Always try to use brief, clear directions.** For example, when reminding your child to pick up his or her clothes, consider saying, “please pick up your clothes” instead of “it would be nice if you picked up your clothes.”

6. **Limit distractions.** It may help to have the TV, radio, and computer games off when your child is performing tasks that require concentration, especially homework.

7. **Offer choices so your child feels involved in making decisions.** However, it’s best to offer no more than two alternatives so that he or she isn’t overwhelmed or overstimulated.

8. **Goals and rewards can be effective.** You can use a chart to list goals and track positive behaviors, then reward your child’s efforts. Goals should be realistic (think baby steps, not overnight success) and rewards need not be expensive (e.g., an extra half hour of TV time, choosing the movie on family movie night).

9. **Decisive, positive discipline usually works best.** Using timeouts or removal of privileges can help, but try to tie the consequences to the inappropriate behavior (e.g., if your child doesn’t wear a helmet while bike riding, he or she doesn’t get to ride for the rest of the day).

10. **Encourage your child’s natural talents.** You know your child has unique skills. When others see those skills as you do, it may lead to greater success for your child. In addition, when your child is doing something he or she loves and is good at, it can build confidence and self-esteem.

You can find more tips to improve focus, organization, and behavior online at [www.adhdroadmap.com](http://www.adhdroadmap.com).
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3 steps to building a support team.

You don’t have to go it alone. There are other people in your child’s life who would be willing to help your child achieve goals. Here are a few simple steps you can take to help build a support team for your child.

1. Think about the people who have a significant influence on your child—including adults who can help in your child’s “areas for improvement.”

2. Identify those you feel may be most important in helping your child succeed in achieving the goals you have chosen. Write their names on the chart below.

3. Once you’ve identified the people who you believe can help your child most, let them know you value the role they play in your child’s life. Ask them to be part of the team to help your child achieve his or her goals.

To get more information about coaching and how to work with your support team, visit www.adhdroadmap.com.
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6 tips to work more closely with your child’s teachers.

Since teachers see your child all day at school, their input can help you understand your child’s social behavior and academic abilities. These tips can help you work with your child’s teachers to better help your child do the best he or she can every day.

1. It’s best to start with a face-to-face meeting. Let the teacher know that you value his or her input. Ask your child’s teachers to be part of your child’s support team.
2. Ask the teachers about your child’s behavior (e.g., paying attention, focusing, sitting still).
3. Remember to listen carefully to what the teachers identify as your child’s talents, abilities, strengths, and weaknesses.
4. Agree on goals you both want to see for your child as well as a timetable for achieving these goals.
5. Design a plan together to best support your child, including specific actions that you can both monitor.
6. Talk about how you and the teachers would like to communicate going forward (e-mail, phone calls, meetings, etc.).
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Tracking goals with your child and rewarding success.

A Weekly Goal Tracker may help your child feel like he or she is accomplishing something each day and week until reaching the goal. Your child can fill in the Weekly Goal Tracker on his or her own or you can do it together.

**Weekly Goal Tracker**

<table>
<thead>
<tr>
<th>Action to achieve goal</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
</tr>
</thead>
</table>

**Child’s Name:** ____________________________  **My goal is:** ____________________________

**How to use your Weekly Goal Tracker:**

- Fill in your child’s name along with the goal and actions you and your child agreed upon in Step 2.
- Mark his or her success daily using checks, stars, or stickers.
- When your child makes progress or shows improvement, provide encouragement and the reward if one was agreed upon.
- You can use this My Reward card to help motivate your child.

**My Reward**

- **My Reward:** ____________________________
- **When I achieve my first goal:** ____________________________
- **Date:** __/__/____

To learn more about rewards and print out My Reward cards or more Weekly Goal Trackers, visit www.adhdroadmap.com.
STEP 4 Track and reward your child’s success.

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To learn more about rewards and print out My Reward cards or more Weekly Goal Trackers, visit www.adhdroadmap.com.
With the ADHD Road Map to Success, you and your child are ready to take the next step. By using the tools included in the Road Map to Success, you may be able to help your child’s natural talents and abilities shine through so that someday others may take notice of your child’s success!

To take advantage of more resources and tools, and see the latest treatment options, please visit www.adhdroadmap.com.

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