

Understanding ADHD Behaviors

Parent Guides



What looks like one thing is often something else underneath.

Forgets instructions minutes after hearing them

Working memory struggles to hold onto information -- it's not a lack of listening. **Helps:** Give one step at a time, and have them repeat it back.

Interrupts or blurts out answers

Impulse control kicks in after the words are already out, not before.

Helps: Use a quiet signal instead of a public correction.

Melts down over something that seems small

Emotional regulation often lags behind age -- small things can feel huge.

Helps: Address the feeling first. Problem-solve later, once calm.

Can't get started on tasks, even ones they want to do

Starting a task is its own skill, separate from motivation.

Helps: Break it into a tiny first step and help them take it.

Loses things constantly

Organizing objects doesn't come naturally -- it isn't carelessness.

Helps: Use one consistent "home" for each item.