

ADHD Skills Building

Presenting Problem:

A participating PCP submitted a consultation request to WI CPCP regarding a 10-year-old male patient diagnosed with ADHD. The child is currently taking a well-tolerated and effective stimulant medication. However, the parent seeks additional guidance on behavioral interventions and strategies to enhance the child's executive functioning skills. The PCP is specifically interested in recommended resources for this purpose.

Consultant's Response:

Below are techniques and guidelines that may prove helpful to parents of children with ADHD:

1. Make it Fun

- **The Coin Game:** This engaging game improves memory, sequencing, attention, and concentration. Parents appreciate its positive impact, and kids enjoy its fast-paced nature. Using assorted coins, a cardboard sheet, and a timer, create a sequence and challenge your child to replicate it. Track their progress over time, gradually increasing the difficulty for continued improvement. [10 Simple Concentration and Focus Building Techniques for Kids with ADHD.](#)
- **Relaxation and Positive Imagery:** Combine deep breathing with positive visual imagery to enhance the brain's learning process. This technique helps children mentally practice skills, fostering behavioral changes.
- **Mind-Body Integration:** Encourage your child to sit in a chair without moving, measuring their progress over weeks. This activity strengthens neural connections, enhancing self-control.
- **Crossword Puzzles, Picture Puzzles, and Mazes:** These tools improve attention, sequencing, and visual-motor integration. Praise your child's progress and offer age-appropriate challenges.

2. Help with School Skills: Managing time and school materials can be challenging for kids with ADHD. Implement the following techniques:

- *Checklists* for morning routines and daily backpack contents.
- *Dedicated binders* for each subject.
- *Reward systems* (e.g., stickers or star charts) for younger kids.
- *Timers* for visual task references.
- *Planners and calendars* to track projects and break down assignments.
- *Online planners* to complement paper versions.

Teaching Points:

Executive functioning deficits are common in ADHD patients and are not automatically corrected with medication. However, these skills can be taught and coached by parents, teachers, and the patients themselves.