

SEPTEMBER 11, 2018

If Your Mornings Are Crazy, Read This



Kids with ADHD often lack the executive function skills needed to wake up, get dressed, brush teeth, and get to school on time without serious parental oversight. If that means nagging, yelling, and fighting in your household, try using this morning routine instead. Mornings are stressful for most parents but when your child has inattentive or hyperactive ADHD and struggles with transitions, the challenges can quickly become overwhelming. Start the day off right by incorporating these expert tips into your morning routine. Just a few modifications and you'll have your child with ADHD up and out the door more consistently and more happily.

- Delegate the Morning Tasks
- Prepare the Night Before
- Plan an Early Bedtime
- Give Your Child's Brain Time to Wake Up
- Wake Your Child Smoothly

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By Patricia Quinn, MD—ADDitude Website

Taming the Homework Giant: Tips for Helping Your Children Do Their Best!

Posted on 8-17-18 by Jenny Spencer

The new school year is starting, and that means it's time for a task that's dreaded by students and parents alike: homework.

If your house is anything like mine, homework time can be very stressful and overwhelming. The kids and I have to proceed with caution, so we don't lose our minds!

One thing is very clear in our house: The work that the children bring home is theirs, not mine. I am here to support them and give them the tools they need to be successful, but I WILL NOT do their homework.

Let's be honest, this is not an easy job! I have to work very hard at keeping my cool when we sit down at the table to go over what needs to be done each evening. The kids are tired and just want to play and relax after a long day at school, so homework can be a challenge for everyone.

I have figured out a few tips that help all of us get through the homework AND keep our sanity!

1. **Put some routines in place that work for your family.** Make the after-school routine as predictable as possible. The brain is pattern seeking. In our family it helps when the kids come home and have a little time for a break before beginning their homework, so we make sure to work that into our routine. Although they are tired and ready to relax, if we don't tackle the homework right away, then the evening gets away from us and before we know it, it's bedtime and the homework still isn't done. [Click Here to Continue Reading](#)



Will My Child Ever Have a Best Friend?

By: Gay Edelman, ADDitude

Kids with ADHD often invade personal spaces, blurt out rude comments, and play too rough — all of which makes it tough to keep friends. Discover how you can guide your child through sticky social situations so he can develop lasting friendships. Is anything sadder — or more frightening to parents — than a child with attention deficit disorder (ADHD or ADD) who has trouble making friends?

Take eight-year-old Josh, who stands alone at the edge of the playground, watching the other kids play. He'd like to join them but has no idea how. Eleven-year-old Tina sits on the porch steps in tears. From the next block, she can hear the sounds of a birthday party to which she wasn't invited — even though she thought the birthday girl was her good friend. Fourteen-year-old Tom spends all his free time alone, on his computer. No one calls him, and he calls no one.

"Parents fall apart crying about their child's ADHD friendship problems," says Richard Lavoie, a special education consultant in Barnstable, Massachusetts, and the author of *It's So Much Work to Be Your Friend*. "And it's never about academics. It's always about the pain of social isolation their child is facing." Parents want to know how to help kids make friends.

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Fostering Older Youth

"I need hope that things will be better." Hope is something that older youth in foster care are looking for, and foster parents play a huge role in providing that hope. In fact, that's one of the most rewarding aspects of fostering teens and older youth.

People are often intimidated by the idea of fostering teens and older youth. Those years, after all, are the years of raging hormones! However, as one foster mom who enjoys fostering older youth put it, "Teenagers come home and close the door. They're a lot more independent!"

[CONTINUE READING](#) SOURCE: *The Adoption Resources of Wisconsin*

Foster Parents and the Courts Brochure

A Guide for Foster Parents on Being an Effective Advocate in Court for Foster Children. This handbook was written to help you understand who the people are that are involved in the legal proceedings, what is likely to occur in court, and how you can be most effective in advocating for the best interests of your foster child.

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