

TEACHING TIME MANAGEMENT FOR ADHD KIDS



1. MODEL A GOOD EXAMPLE

- Be on time.
- Use a Calendar or scheduling APP
- Make and use To Do Lists
- Honor Your commitments
- Ephesians 5:15-17 - use time wisely

2. SHOW HOW TO MEASURE TIME:

- Teach them to tell time
- Teach them to understand which is longer (second, minutes, hour)
- Teach them to visualize the passage of time (sand timer, digital countdown, disappearing time timer.
- Psalm 90:12: Teach us to number our days, that we may get a heart of wisdom

3. DISCOVER HOW LONG THINGS TAKE:

- Measure common tasks in seconds, minutes or hours
- Figure out how long things like chores, homework etc will take.
- Try to fit tasks into a given set of time.
- Identify which kinds of tasks take longer.
- What can you do in a half hour?
- What can you do in a full hour?

4. PRACTICE WITHOUT PRESSURE:

- Let them practice common tasks within a specified time frame (chores in 30 minutes, get ready for bed in 10 minutes)
- Do not use hard deadlines or alarms.
- Let them choose the task and time goal
- Let them keep track of time
- Praise the progress / not perfection.

5. SET UP SCHEDULE (W/HELP):

- Identify the time available to work (Saturday or after school)
- Block of things like dinner & sports that you cannot skip.
- Make a list of To Do's
- Separate the HAVE TOs from the WANT TOs.
- Rank the HAVE TOs in order of importance.
- Fill in the holes in the schedule with the HAVE TOs first from most important to least important.
- WANT TOs go in last and only if there is time left.

6. ALLOW NATURAL CONSEQUENCES

- Let them try on their own to meet their goal.
- Do not bail them out if they miss a deadline or run out of time.
- Encourage and help them plan better, but don't do the work for them.
- Don't eliminate the natural consequence.
- Natural consequences for kids are better teachers than the expectations that someone else will get them out of trouble.

Colossians 3:23-24 (NIV)

23 Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, 24 since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.