

# *Homeschooling a Child with ADHD*

## **Presenters**

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## **Presentation Outline**

- I. Is Homeschooling a Viable Option, or Are You Out of Your Mind?  
Fiction and Facts about ADD & Homeschooling
- II. Adapting CHADD Educator's Manual to the Homeschool
  - A. Instructional Strategies for AD/HD Behaviors
  - B. Creating a Positive Learning Environment at Home
- III. Other Homeschooling Resources, References, Toys and Tips
  - A. Adapting Teaching Materials to Homeschooling
  - B. Adapting Homeschool Materials for AD/HD Children
  - C. General References
  - D. Packaged Curriculum
  - E. Building Your Own Curriculum: The 'Eclectic' Options
  - F. Non-traditional Teaching Possibilities
  - G. You Don't have to be Home to Homeschool!
  - H. Toys and Tips for Engaged Learners
- IV. Creating a Realistic Plan
- V. Support from the Community: You Don't Have To Do It Alone
  - A. Homeschool Supports: Local, State and National
  - B. Outside Sources of Support
- VI. How the ADD and Homeschool Communities Can Help Each Other

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### HOMESCHOOLING PROBLEM SOLVING GUIDE

Student takes a long time to complete assignments	➤ Break assignments into smaller chunks
	➤ Allow for short breaks to move around and refocus
	➤ Reduce the number of problems to complete
	➤ Cue student to stay on task with a private signal
	➤ <b>Take a break or a field trip!</b>
Student won't engage in the learning or participate in the lesson.	➤ Evaluate the environment for distractions, including noise, lighting and room set up.
	➤ Allow transition time between subjects
	➤ Use multi-sensory approach
	➤ Determine preferred learning style(s) and techniques
	➤ <b>Take a break or a field trip!</b>
Student is easily frustrated or angry	➤ Allow time to calm down and regroup
	➤ Revisit what happened: why, when, where and how
	➤ Praise appropriate behaviors often
	➤ Use behavior point sheets and incentives/rewards for good behavior
	➤ Monitor behavior and academic progress on a weekly basis
	➤ Have student evaluated for learning disabilities or emotional disorders
	➤ <b>Take a break or a field trip!</b>
Student frequently negotiates about learning material	➤ Be clear about learning goals and objectives
	➤ Allow limited flexibility about how learning will take place
	➤ Provide structure and a daily plan
	➤ Make expectations realistic and clear – visually and verbally
	➤ <b>Take a break or a field trip!</b>

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## RESOURCES FOR HOMESCHOOLING

Carol Barnier, *How to Get Your Child Off The Refrigerator And On To Learning*. ISBN 1-883002-70-2. Tips & games for elementary grades.

*CHADD Educator's Manual on Attention-Deficit/Hyperactivity Disorder*.

Chris A. Zeigler Dendy, *Teaching Teens With ADD and ADHD*. ISBN 1-890627-20-8.

Cathy Duffy, *100 Top Picks For Homeschool Curriculum*. ISBN 0805431381. *Christian Home Educators' Curriculum Manual: Elementary Grades and Junior/Senior High*. Thorough reviews of hundreds of curricula.

Christine Field, *Homeschooling the Challenging Child*. ISBN 080543078-4.

Sharon Hensley, *Home Schooling Children With Special Needs*. ISBN 1-56857-010-4.

Joyce Herzog, *Choosing and Using Curriculum*. ISBN 1-887225-22-6.  
*Learning In Spite of Labels* 1-882514-13-0.

Kathy Kuhl, *Homeschooling Your Struggling Learner*, due in 2008.

### Websites

National homeschool groups with good sections on special needs students:

- Home School Legal Defense Association (hsllda.org).
- National Home Education Network (nhen.org)

<http://www.learndifferently.com/> Kathy Kuhl's website, has book reviews and articles on homeschooling struggling learners.

[Helpinschool.net](http://www.helpinschool.net), by Judith Munday, a special education consultant.

[www.sizzlebop.com](http://www.sizzlebop.com) by Carol Barnier.

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## **Catalogs**

[addwarehouse.com](http://addwarehouse.com) – Books for parents and teachers.

[www.brightword.com](http://www.brightword.com) includes a good article on homeschooling a special needs child, by Janie Bowman, author of *Think Fast! The ADD Experience*.

<http://www.criticalthinking.com/parent/index.html> – Critical Thinking Co. makes books and software for parents and teachers, covering language arts, logic, math, puzzles, and more.

[www.curriculumassociates.com/](http://www.curriculumassociates.com/) Reading, language arts, math, assessments, and test prep programs for K–8 and at-risk secondary students.

[Epsbooks.com](http://Epsbooks.com) – Useful books and workbooks by teachers, including *Explode the Code* reading books.

[RainbowResource.com](http://RainbowResource.com) – general education supplies for homeschoolers

[Sonlight.com](http://Sonlight.com) – Curriculum based on world cultures, literature, and history, but including all subjects. I like to browse this catalog for good read-aloud books, prize winning children’s literature, and other useful resources.

## **Teaching Organization & Study Skills**

Leslie Davis, et. al. *Study Strategies Made Easy*. ISBN 1886941033.

Susan Taylor Drumm, *Study Skills: Grades 5-8*. Kelley Wingate Publications. ISBN 0-88724-448-3.

Gloria Frender, *Learning to Learn*. ISBN 0-86530-141-7

Bernard Juarez, et. al., *Learning on Purpose*. ISBN 089455753X.

Timetimer – a silent timer that lets you see the minutes go. [Timetimer.com](http://Timetimer.com)

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## **Cool Tools and Toys**

[Abilitations.com](http://Abilitations.com) and [IntegrationsCatalog.com](http://IntegrationsCatalog.com) – special needs resources

[DonnaYoung.org](http://DonnaYoung.org) – printables and resources for homeschooling and classrooms

*Dragon Naturally Speaking* – software will type your child’s spoken words.

[Funschool.com](http://Funschool.com) – online educational games for K-6.

[Free.ed.gov](http://Free.ed.gov) – free federal resources for educational excellence.

[Inspiration.com](http://Inspiration.com) – visual thinking and learning software, curriculum integration and teacher lesson planning tools.

[Learningvillage.com](http://Learningvillage.com) – guide to first class learning software

[Reallygoodstuff.com](http://Reallygoodstuff.com) – classroom tools, curriculum, organizers, reading and writing supplies.

[Therapyshoppe.com](http://Therapyshoppe.com) – an assortment of therapy merchandise, specialty toys and games.

[Timberdoodle.com](http://Timberdoodle.com) offers wonderful games, puzzles, computer programs, educational toys, like Wrap-Ups and Fischertechnik, and many kits, as well as books for parents and curricula.

[TobinsLab.com](http://TobinsLab.com) – hands-on science materials to study astronomy, plants, geology, magnets, electricity, microscopic organisms, *Crash and Burn Chemistry* kits, dissection kits, as well as resources for social studies, arts, and more.