

- I. Know what you're up against. Don't take it _____.
Your child may have a harder time _____. But sometimes they are "out to get you" because they crave _____
Help them observe what distract them most.
Goal: _____
Improve your child's chore chart by focusing on _____ first.
When a task becomes automatic, _____.
When your child is estimating how long tasks will take, the goal is for them to _____.
Goal of all strategies and tools is to observe what helps them _____ and to help our kids think about what _____.
- II. Tools:
A good fidget will improve _____ . and will not _____.
Seats that strengthen core muscles can help kids focus, such as:

For kids who are visually distracted, try _____.
For kids who are distracted by sounds, try _____ or _____
For people who lose track of time, try with a _____ timer or a _____ watch.
- III. Teens. Try different kinds of _____. Store documents in the _____.
Pros and cons of smartphones:
- IV. Internet:
Shortens our attention span by _____
(See Nicolas Carr's article, "Is Google Making Us Stupid?")
- V. Distracted teen driving: Panoramic boat mirror. Mark L & R on windshield if dyslexic. Preview any YouTube videos on texting and driving.

Kathy Kuhl Outline: Help Distractible Students Succeed 2
Executive function disorder _____.

VI. Homeschool strategies

Change _____ you teach: build around the student's _____.

Change _____ you teach. Examples: _____.

Change the way you teach: _____

Distractible parents need a _____ and an _____ partner.

VII. Consequences, encouragement, relationships

Reading to help parents help distractible students

Heads Up Helping: Teaching Tips and Techniques for Working with ADD, ADHD, and Other Children with Challenges by Melinda Boring.

Is Your Child Hyperactive? Inattentive? Impulsive? Distractible? by Stephen & Marianne Garber, & Robyn Spizman.

Carol Barnier: *How to Get Your Child Off the Refrigerator and onto Learning.*

Smart but Scattered by Richard Guare, PhD, and Peg Dawson, EdD.

Smart but Scattered Teens, by Richard Guare, Peg Dawson, and Colin Guare.

Kathy's blog at LearnDifferently.com.

ADDitude Magazine has helpful articles and [good e-newsletters](#) and hosts the excellent [ADHD Experts Webinars](#), which are also available as podcasts.

Tools

*Seating that works core muscles can help focus: inflatable seat cushion from www.headsupnow.com, exercise ball, or T-stool. (Directions from *The Out-of-Sync Child Has Fun* by Carol Kranowitz, p. 62).*

Tools to help with focus, sensory integration, and more: www.headsupnow.com also, SchoolSpecialty.com, funandfunction.com, and therapyshoppe.com

Time management

Vibralite and Timex make watches with silent, vibrating alarms. Timex Ironman watches let you easily set 3 timers by day & time, (Tuesdays 7, or daily at 9.)

Timetimer.com visual 60-minute silent timer, Various sizes.

Posts on time management for distractible kids at LearnDifferently.com

Other resources

Marydee Sklar's website, ExecutiveFunctioningSuccess.com and her book, *50 Tips to Help Students Succeed*, reviewed on my website.

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