

# Family Education Sheet

## Tips for Children with ADHD: Setting Goals at Home






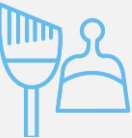
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### Ideas for Setting and Monitoring Goals:

- 1 Select an area where your child most needs to improve.
- 2 Work with your child to decide on the goals for each area that you pick.
- 3 Start with just 2 or 3 goals at first.
- 4 Decide on target behaviors for each goal that your child will work on and how you will measure progress on each goal.
- 5 Work with your child *at the beginning* to decide what the rewards will be for meeting the goals and what the consequences will be for not meeting them.
- 6 Write the goals and target behavior in child-friendly language.

### Examples of Home Goals:

Area	Example of Goals	Examples of Rewards/Consequences
 BEHAVIOR	Follow directions from parents. Use respectful and appropriate language. Be honest (do not lie or cheat). Be polite. Accept consequences without arguing or complaining.	<ul style="list-style-type: none"><li>• Extra screen time (TV, iPhone) when meeting goals, losing screen time if not meeting goals</li></ul>
 RELATIONSHIPS	Getting along well with friends and siblings (share, take turns.) Participate in family activities. Be sensitive to others' feelings and what they need. Respect siblings and parents' personal space. Invite others to play.	<ul style="list-style-type: none"><li>• Special time with parents or grandparents</li><li>• Staying up late on weekends (not more than an extra 1–2 hours!)</li></ul>
 EMOTIONS	Talk about feelings instead of acting out. Express anger with words, not by acting out or being aggressive. Control temper when frustrated. Accept constructive criticism without getting angry. Respond calmly when not getting their way.	<ul style="list-style-type: none"><li>• Play dates/sleepovers with friends</li></ul>
 RESPONSIBILITIES	Do homework on time. Finish tasks when requested. Do chores or household tasks when asked. Does not need to be asked several times to do chores or homework. Follow daily schedules. Take care of personal property. Make smooth transitions from activities.	

*This Family Education Sheet is for educational purposes only. For specific medical advice, diagnoses and treatment, talk with your health care provider.*