

Turning Off the ADHD Brain Chatter to Crush School Obstacles Once and for All

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"Parents almost need to let go of what they've learned about best practices because those best practices are made for neurotypical people."

Becoming Timewise

What I call a poor or inaccurate time sense is when things take much longer than you think they will, or in some cases, actually much shorter than you think they will. And for a child to be able to get through homework assignments, it's important that they can gauge how long that assignment is going to take them.

One way to develop an accurate time sense is to take a piece of an assignment and guess how many minutes it's going to take to finish it. Write down the time they start and until they finish that piece. Write down when they stopped, then go to the calculator, show them how many minutes it really took, and compare that. Ask your kid, "How much longer did it take you than your guess?"

Characters on the Bus

Imagine your brain is like a bus, and you've got these characters on board who can grab the wheel at any time. Each of these characters can hijack your brain, and it's all about figuring out who's in charge and why. Only one of them, Steady Eddy, drives straight to your goal without a hitch. But the others? Not so much.

Whiny Winnie is like a toddler whining, "I don't feel like it!" That's procrastination. Then there's Impatient Iggy, who rushes through things, which leads to more mistakes. Helpless Hannah? She shuts down when things aren't clear, instead of asking for help.

Overwhelmed Oscar freaks out when things feel too much. Critical Calvin? He's the inner voice telling you, "You're gonna fail!" And then there's Emotional Emma, who lets fear take over, making it hard to focus. Finally, Disorganised Derek can't keep track of anything—homework, a messy room, you name it.