

Transforming the Kid's School Experience With Little-Known ADHD Coaching Strategies



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"Discipline shapes behaviour; punishment just causes fear."

Smooth transitions

Kids with ADHD can really struggle with the routine and switching between tasks. However, the key is to keep calm during the transition in a way that the child doesn't even realise they've switched gears. To do that, you need to understand what is a transition? **A transition is actually three things.**

First, there's the stop. Think about what your child is doing that they need to stop. Is it something they love, or are they worried about getting in trouble for not finishing? There could be many reasons they struggle to stop.

Next, you have the move—whether it's physical or mental, it's about shifting gears to the next task. How do they feel about what's coming next? If they're dreading it, that's a big part of the challenge.

Finally, there's the start. Getting started, or initiation, is actually an executive function skill. If they're not starting, it's not because they don't know—it's likely a lagging skill, and we need to help them build it. This step-by-step breakdown helps pinpoint where the struggle really is so we can problem-solve together.

Loving authority

The best thing you can do for your kid is to identify their behaviour patterns and avoid generalising. You want to move past the mindset of, *"I know my kid, this is who they are, and they'll never change,"* to truly see your kid's potential.

That's why I encourage parents to remember that what you pay attention to grows. If you're paying attention to all those things that your kid is doing that are driving you crazy, stressing you out, and are not productive, that's what you're going to see. I encourage you to look at some of the good things they're doing.

Very often, if they're doing okay, we ignore it. But when we highlight it, we're highlighting it for the kid. **They start to feel better about themselves.** Yes, we need to put out the fires and deal with tantrums. But we're going to do that by helping the kid feel better.