

Executive-Level Attention Hacks to Help Keep Your ADHD Kids Laser-Focused

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“Just like you used to plan naps for your baby, make sure to set aside time for your child to recharge before their focus starts to fade.”

How can kids practise focus?

Developing this habit takes time. It’s not something that can just be flipped on like a switch. If done in small increments, it can actually be developed into a habit. One of the tools I absolutely love is a timer clock. It’s a clock that shows time elapsing with a big red band that disappears as time goes on.

For kids, especially those who are too young to tell time, this is brilliant because it allows them to see time passing. One of the biggest challenges is time blindness and not being able to gauge how long it will take to complete something. This tool helps a child stay focused by setting a clear timeframe, saying, “You’re going to work on this task until the red is all gone, and then you’ll get a break.”

34% of entrepreneurs have ADHD

Many executives or CEOs are where they are due to the ADHD superpowers. These include the ability to think outside the box with innovative ideas beyond what many other people in the world are able to do. They are often brilliant at problem-solving because of this ability. If you have a problem and can’t find an answer, find someone with ADHD because they are a goldmine of solutions!

Those with ADHD tend to have a higher risk-taking mentality, which can lead to significant business successes. While some executives have these wonderful talents, they may sometimes struggle with time management and organising. As a result, having a strong support system is imperative for most of them to thrive.

To really tap into their strengths, get them in the habit of writing everything down—homework, chores, tasks. Just telling them won’t cut it, but seeing it will help them remember.

Then, help them build a solid structure. Make sure they have guilt-free free time after finishing the important things, so they can relax without that nagging feeling of unfinished work.