

A Strong Get-It-Done Plan for Kids With ADHD to Overcome Even the Roughest Days

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"Emotional support is crucial because being different is not bad; we need to normalise that everyone thinks differently."

Staying motivated

When kids with ADHD want to do something, it can be difficult for them to get started. That's because ADHD causes impaired executive function due to a lack of dopamine in the brain. Executive functions are those things that control focus, self-motivation, emotional regulation, and the ability to organise and get started.

So the question isn't so much, *"How do I motivate myself to do something?"* It really becomes more about, *"How can I get started? How can I make this easier? How can I break this down into smaller pieces?"* One of the strategies I suggest is to create **outside motivation** because they're going to be motivated to do the things that they want to do, not what they're being told to do.

Balancing tasks without feeling overwhelmed

Balancing tasks without forcing or neglecting them is key for productivity, especially with ADHD. For both parents and kids, **relying on memory isn't effective**. Instead, create a visible calendar or command centre to track events and tasks, using alarms and notifications as reminders.

It's not so much about doing everything immediately; but you don't want your kid to forget tasks either. And when things keep popping up, their to-do list can feel overwhelming. To manage this, get them to treat tasks with actual deadlines (like buying a birthday gift by Friday) as priorities.

For things that aren't urgent yet—like a party that's weeks away—get them to set a reminder to review it later. When it comes up again, they can decide if it needs action now. If not, they can push the reminder forward. The key is to keep adjusting and prioritising based on what's most important at the moment, without feeling pressured to do everything at once.