Parent Tips for helping their child with focus issues:

* Establish a homework routine
* Set up a distraction-free zone
* Get him started on the task before walking away
* Supervise as needed—as the situation improves and your child matures, you can move away from constant supervision to frequent check-ins to make sure your child is on task
* Allow short breaks between assignments/tasks
* Break down large assignments or sequences of tasks (like getting ready for bed) into small “bites” with one clear goal per bite. If you child feels like a task is manageable, he will be less likely to become distracted.
* Use clocks and timers—consider placing clocks throughout the house with a big one in your child’s bedroom. Allow enough time for what your child needs to do, such as homework or getting ready in the morning. Use a timer for homework or transition times, such as finishing up play and getting ready for bed
* Simplify your child’s schedule
* Do your best to be neat and organized
* Use cues to encourage your child to get back on task. Agree ahead of time what those cues will be—a touch on the shoulder, a hand on the desk, etc.
* Don’t forget praise and positive reinforcement!