WORKSHEET 1

My Child's Strengths and Challenges Map

Every child with ADHD has real strengths. Start there. Fill in each box with words, examples or drawings.

What my child is great at

Talents, interests, things they do with energy

What my child finds hard

Times of day, tasks or places that are tough

What helps on good days

Who, what, where, when

What I want to work on first

Pick just one or two things

WORKSHEET 2

Whole-Child Check-In Wheel

Rate each area from 1 (struggling) to 5 (going well). Circle the number. Repeat every month to see change over time.

Area	1	2	3	4	5	Notes
Sleep	○	○	○	○	○	
Meals and water	○	○	○	○	○	
Movement and play	○	○	○	○	○	
Feelings and calm	○	○	○	○	○	
Friends	○	○	○	○	○	
Family time	○	○	○	○	○	
School and homework	○	○	○	○	○	
Screens	○	○	○	○	○	
Confidence	○	○	○	○	○	

Date: _____ The area I will focus on this month: _____

WORKSHEET 3

Morning Routine Chart

Keep steps short and in the same order every day. Let your child check each box or add a sticker. Add pictures if that helps.

Step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐ Wake up and use bathroom							
☐ Get dressed							
☐ Eat breakfast							
☐ Brush teeth							
☐ Pack backpack							
☐ Shoes and jacket on							
☐ _____							
☐ _____							
☐ _____							

WORKSHEET 4

After-School Chart

A predictable after-school rhythm makes homework time easier.

Step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐ Snack and water							
☐ Backpack emptied							
☐ Movement break (15 min)							
☐ Homework time							
☐ Free play							
☐ _____							
☐ _____							
☐ _____							

WORKSHEET 5

Bedtime Routine Chart

Start the routine at the same time each night. Screens off before the routine begins.

Step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐ Screens off							
☐ Bath or shower							
☐ Pajamas on							
☐ Brush teeth							
☐ Story or quiet talk							
☐ Lights out							
☐ _____							
☐ _____							
☐ _____							

WORKSHEET 6

Two-Week Sleep Log

Fill this in each morning for 2 weeks. Bring it to your child's next appointment.

Day	Screens off	In bed	Fell asleep (about)	Woke up	Night wakings	Mood next day
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						
Day 12						
Day 13						
Day 14						

WORKSHEET 7

Meals, Water and Movement Tracker

Check what happened each day. This is about noticing patterns, not perfection.

This week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast with protein							
Lunch							
After-school snack							
Dinner							
Water (cups)							
Active play (minutes)							
Outside time							

WORKSHEET 8

Food and Behavior Diary

Write down what your child ate and drank and how the day went. After two weeks, look for patterns and share them with your child's care team.

Day	Breakfast	Lunch	Snacks and drinks	Dinner	Mood (1 to 5)	Notes
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						
Day 12						
Day 13						
Day 14						

WORKSHEET 9

Sticker and Token Chart

Pick 1 to 3 clear goals. Praise right away and give a sticker or token. Trade tokens for a reward you agreed on together.

Goal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Goal:							
Goal:							
Goal:							

Rewards menu

Small, often, and not always things to buy

Tokens needed

Match the price to the reward

WORKSHEET 10

Praise Practice Log

Specific praise names exactly what your child did well. Aim for at least 5 a day. Example: "You started your homework without a reminder. That was responsible."

Day	What I praised	What I said	How my child reacted
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

WORKSHEET 11

Feelings Thermometer

Help your child name how big a feeling is. Fill in what it looks like at each level and what helps.

Level	What it feels or looks like	What helps
5 Exploding		
4 Very upset		
3 Frustrated		
2 A little bothered		
1 Calm and ready		

WORKSHEET 12

My Calm-Down Plan

Make this plan together on a calm day. Post it where your child can see it.

My body warning signs

Hot face, tight fists, fast heart...

My calm-down spot

Where I can go

Things that help me calm down

Breathing, squeeze ball, drawing, hug, water

Grown-ups I can go to

At home and at school

Balloon breathing: breathe in through your nose while you count to 4, and slowly let the air out like a balloon. Do it 5 times.

WORKSHEET 13

Homework Launch Checklist

Use this before each homework session. Short work blocks with breaks are more effective than one long sitting.

☐ Snack and water done

☐ Movement break done

☐ Workspace clear (only what is needed)

☐ Phone and tablet away or off

☐ Assignment list written down

☐ Biggest task broken into small chunks

☐ Timer set for a work block

☐ Break planned after the timer

☐ Finished work goes back into the backpack

☐ Praise for effort

Today's chunks

WORKSHEET 14

Teacher Communication Log

Keep notes from emails, calls and meetings. Helpful for 504 plan or IEP conversations.

Date	Who	What we discussed	Next step

WORKSHEET 15

Family Screen Plan

Make this plan together and post it on the fridge.

Screen-free times and places

Weekday screen time

Weekend screen time

What we do instead

Signed by everyone in the family: _____

WORKSHEET 16

Symptom and Side-Effect Log

Notice patterns between visits and share them with your child's prescriber or care team. Rate 0 (none) to 3 (a lot).

Week of _____	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Focus at school							
Focus at home							
Restless or fidgety							
Acting before thinking							
Mood							
Appetite							
Sleep							
Headache or stomachache							
Other: _____							

WORKSHEET 17

Questions for My Child's Appointment

Write questions as you think of them. Bring this page to the visit.

What is going better

What is still hard

My questions

WORKSHEET 18

My Support Plan (for Parents)

Caring for a child with ADHD takes energy. You deserve support too.

People I can call

Family, friends, faith community, other parents

Small things that refill me

10 minutes is enough

Signs I'm running on empty

How I feel when I need a break

One thing I'll do this week

Write it down and put it on the calendar