

ADHD SUPPORT TOOLKIT FOR PARENTS

30 Practical Checklists for Calmer Days

A companion bonus to the book:

***“ADHD Parenting:
Simple Daily Routines to
Improve Focus, Behavior, and
Emotional Regulation in
Children”***

by Alira Bloom

*Calm routines. Clear steps.
Less overwhelm.*

How This Bonus Helps You

Daily life with a child with ADHD can feel intense — especially during routines, transitions, emotions, and busy moments.

This toolkit provides clear, practical support for those everyday situations.

Inside you'll find 30 simple checklists designed to help you:

- ❑ Create predictable routines
- ❑ Reduce stress and power struggles
- ❑ Support emotional regulation
- ❑ Handle transitions more smoothly
- ❑ Stay calmer during difficult moments
- ❑ Build connection without pressure

Each tool is short, flexible, and made for real life.

Use what fits your family. Skip what doesn't.

Small steps can make a big difference.

How to Use This Toolkit

You don't need to use everything at once.

- Choose one checklist that matches your current challenge
 - Use it as a reminder during stressful moments
 - Print it or keep it visible if helpful
 - Return to it whenever things feel off

This toolkit is meant to support you — not overwhelm you.

Progress matters more than perfection.

BONUS TOOL 1: MORNING ROUTINE CHECKLIST

Use this checklist to support a calm, predictable start to the day.

- Gentle wake-up
- Bathroom time
- Teeth brushed
- Dressed and ready
- Hair brushed / face washed
- Breakfast eaten
- Backpack packed
- Shoes on
- Connection moment
- Ready to leave

BONUS TOOL 2: BEDTIME ROUTINE CHECKLIST

Repeat in the same order most nights to help your child wind down.

- Calm play (quiet toys, drawing)
 - Bath or wash-up
 - Brush teeth
 - Put on pajamas
 - Prepare bedroom (dim lights, curtains)
 - Story or soft music
 - Feelings check-in
 - Belly breathing (3 slow breaths)
 - Goodnight ritual
 - Lights out

BONUS TOOL 3: DAILY TRANSITIONS SUPPORT

Use this flow to make transitions smoother and calmer.

- Give 10-minute warning
 - Give 5-minute warning
 - Give 2-minute warning
 - Offer a final “last turn”
 - Use timer or gentle signal
- Offer a small choice
- State the next step clearly
- Praise the transition

BONUS TOOL 4: CALM-DOWN TOOLBOX

Choose tools that help your child regulate emotions.

- Favorite stuffed animal
- Soft blanket
- Family photo
- Stress ball or fidget
- Sensory bottle
- Playdough or putty
- Jumping or wall push-ups
- Animal walks
- Coloring
- Soft music

BONUS TOOL 5: ADHD-FRIENDLY HOME CHECKLIST

Small environment changes make
a big difference.

- Toys stored in labeled bins
 - Only a few toys visible
 - Clear surface for focus tasks
- No background TV
- Soft, warm lighting
- Quiet corner available
- Focus zone
- Movement zone
- Calm-down zone

BONUS TOOL 6: SENSORY OVERLOAD – SIGNS & SUPPORTS

Notice early signs and respond effectively.

- Covers ears
 - Avoids crowds
 - Upset by textures
 - Meltdowns after busy events
 - Suddenly very hyper

What helps:

- Quiet break
- Dim lights
- Deep pressure
- Movement break
- Calm adult presence

BONUS TOOL 7: PARENT SCRIPTS FOR TOUGH MOMENTS

Short, effective language for real situations.

- "You're safe. I'm here."
- "Your feelings are big."
- "Let's help your body calm down."
- "One more minute, then we switch."
- "First this, then that."
- "Hitting hurts. Try stomping instead."
- "You tried again. That matters."

BONUS TOOL 8:

MY CHILD'S CALM PLAN

Fill this out together during a calm moment.

When I feel angry:

- Stomp my feet
- Squeeze a ball
- Take deep breaths

When I feel sad:

- Hug my toy
- Sit with an adult

When I feel scared:

- Hold someone's hand
- Wrap in a blanket

When I feel too excited:

- Jump
- Animal walks
- Bubble breaths

BONUS TOOL 9: WEEKLY ROUTINE & PROGRESS PLANNER

Use once a week to stay
consistent.

This week's focus:

- Morning routine
- Bedtime routine
- Transitions
- Emotional regulation

Weekly wins:

- One calm transition
- Used a calm tool
- Parent stayed calm
- Connection moment

BONUS TOOL 10:
BONUS TOOL 10: PARENT
REFLECTION & SELF-CARE
Supporting your child starts with
supporting yourself.

This week I'm proud of:

This week was hard
because:

This helped me cope:

One small thing I'll do for
myself next week:

BONUS TOOL 11: MORNING MELTDOWN RESCUE PLAN

A quick-response guide for
difficult mornings.

Before

- Offer a choice
- Use a short
countdown
- Give one clear
instruction

During

- Pause
- Validate feelings
- Offer one calm action

After

- Praise recovery
- Move on

BONUS TOOL 12: ADHD-FRIENDLY SNACK & MEAL PLANNER

Simple structure to reduce food battles.

Snacks

- Fruit + protein
- Yogurt or cheese
- Crackers or veggie

Meals

- One safe food
- One protein
- One carb
- One fruit or veggie

Tips

- Simple choices
- Neutral tone

BONUS TOOL 13: SCREEN-TIME STRUCTURE GUIDE

A predictable system that reduces arguments.

Before

- Set timer
- Explain what's next

During

- No screens at meals
- No background TV

Ending

- 5-minute warning
- Clear transition

(snack, stretch)

Limits

- Weekdays: _____
- Weekends: _____

BONUS TOOL 14: SIBLING HARMONY CHEAT SHEET

Simple strategies to reduce
conflict.

Before

- Set simple play rules
- Prepare turn-taking

During

- Narrate calmly
- Give two choices
- Keep everyone safe

After

- Praise recovery
- Support quick repair

BONUS TOOL 15: PARENT EMOTION RESET GUIDE

Fast grounding tools for tough moments.

When overwhelmed

- Pause for 10 seconds
- Slow breath
- Hand on chest

When triggered

- Lower voice
- Slow speech
- Sit down

BONUS TOOL 16: WEEKLY VISUAL SCHEDULE TEMPLATE

Keeps expectations predictable.

- Morning routine
visual
- After-school routine
visual
- Bedtime routine
visual
- Color-coded activities
- Movement breaks
- One weekly
adjustment

BONUS TOOL 17:
TRANSITION MINI SCRIPTS
Short phrases to prepare your
child.

- “Timer beeps, we switch.”
 - “Two last turns.”
 - “First clean up, then play.”
 - “My toys rest in their home.”
 - “My body slows for sleep.”
 - Repeat script calmly each time

BONUS TOOL 18: ADHD-FRIENDLY CHORE CHART

Builds independence through
small tasks.

- Put toys in bin
- Bring plate to sink
- Water plants
- Set napkins
- Feed pet
- One task at a time
- Praise effort, not
speed

BONUS TOOL 19: OVERWHELM EMERGENCY KIT

A rapid-response plan for
overload.

- Notice early signs
 - Reduce noise and light
 - Guide to calm space
 - Give one short instruction
 - Water or snack
 - Quiet recovery activity

BONUS TOOL 20:
FAMILY CONNECTION RITUALS
Strengthens emotional safety.

- Morning connection
 - After-school reconnect
 - Bedtime moment
 - Family walk
 - Game or story night
 - Child chooses sometimes
- Keep rituals screen-free

BONUS TOOL 21: GET-OUT-THE-DOOR SPEED PLAN

Supports smoother departures.

- Clothes ready
 - Bag packed
 - Visual checklist
 - 5-minute timer
 - Shoes & coat station
 - One-step instructions
 - Celebrate small wins

BONUS TOOL 22: TANTRUM DE-ESCALATION GUIDE

During big emotions.

- Pause before reacting
 - Validate the feeling
 - Offer simple choice
 - Reduce stimulation
 - Stay physically close
 - Praise return to calm

BONUS TOOL 23: ADHD-FRIENDLY PLAYDATE PLANNER

Creates safer social time.

- Small group
 - Simple activities
 - Clear time limit
 - Movement breaks
 - Adult nearby
 - End on a positive note

BONUS TOOL 24:
FIRST-THEN SUPPORT
Builds cooperation.

- First task
 - Then reward
 - Short, clear language
 - Visual reminder
 - Always follow through
 - Use daily routines

BONUS TOOL 25:
EMOTION NAME & TAME
Helps children regulate feelings.

- Name the feeling
 - Breathe slowly
 - Squeeze or press
 - Ask for help
 - Move the body
 - Calm together first

BONUS TOOL 26:
HOMEWORK CALM PLAN
Reduces after-school stress.

- Snack & water
 - Movement break
 - Clear workspace
 - Short work time
 - Timer visible
 - Praise effort
 - End with
decompression

BONUS TOOL 27:
ADHD SLEEP RESET
Supports better rest.

- Dim lights
 - No screens before bed
- Quiet activity
- Warm bath
- Deep pressure
- Slow breathing
- Consistent bedtime

BONUS TOOL 28:
PARENT-TEACHER UPDATE
Keeps adults aligned.

- Sleep quality
 - Morning mood
 - Change in routine
 - Focus today
 - Emotional regulation
 - What helped

BONUS TOOL 29:
ANXIETY EASING ROUTINE
For worried moments.

- Notice early signs
 - Belly breathing
 - Ground with senses
 - Comfort object
 - Brave choice
 - Predictable plan

BONUS TOOL 30:
RESET DAY FAMILY PLAN
For days that feel off.

- Slow morning
 - Simple routine
 - Outdoor time
 - No rush schedule
 - Quiet evening
 - Connection ritual
 - Reset expectations