



THE CONFIDENT PARENT  
COLLECTIVE

BECAUSE PARENTING DOESN'T COME WITH A MANUAL

# The Calm Parent Code

## *Week 2 Resource: Structure that Sticks: Building External Supports for the ADHD Brain*

### □ Why External Structure Matters

ADHD brains don't hold routines, steps, or rules internally. If it's not visible, it's invisible. External structure is about moving routines and expectations outside the brain so your child can see and follow them.

Area	Examples of External Structure
Routines	Morning checklist, bedtime steps, consistent order of activities
Visual Supports	Picture schedules, chore charts, written reminders
Timers & Alarms	Visual timers, kitchen timers, phone alarms
Physical Cues	Labels, baskets, set places for items
Environmental Setup	Decluttered spaces, limited choices, predictable spots for essentials



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### □ **Managing Transitions**

Transitions are a major stress point for ADHD kids. Shifting from one task to another can trigger meltdowns due to hyperfocus, difficulty visualising the next step, or a sense of loss.

### □ **4 Transition Tools:**

1. Advance Warnings – e.g., “Five more minutes until we pack up.”
2. Visual Timers – Let them see time passing.
3. “What’s Next” Cues – Picture or written prompts for the next activity.
4. Positive Bridges – Connect the current activity to something they look forward to.



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### **□ One Stress Point Planner**

Choose ONE daily challenge this week and create an external system for it. Stick with it for 7 days before adding anything else.

My chosen stress point:

External structure I'll try:

How I'll know it's working:

Notes/reflections:

**□ Next Week: We'll explore regulation over obedience — how to calm the brain before reasoning.**