

ADHD & ADD Support Tips at Home

In addition to regular chiropractic care, these strategies can help your child improve focus, behavior, and overall well-being:

Create a Consistent Routine

- Set predictable times for meals, homework, and bedtime.
- Consistency helps children feel secure and improves focus.

Break Tasks into Small Steps

- Large assignments or chores can feel overwhelming.
- Divide them into manageable steps with clear instructions.

Encourage Physical Activity

- Daily movement, such as walking, swimming, or team sports, can reduce hyperactivity and improve attention.
- Short, frequent activity breaks during homework or study sessions help children reset.

Promote Healthy Sleep Habits

- Consistent bedtime routines, limited screen time before bed, and a calm environment support restorative sleep.

Positive Reinforcement & Support

- Praise effort and progress, not just results.
- Use visual cues, checklists, or reward systems to reinforce focus and good behavior.

Tip from Dr. Taylor: "Chiropractic care helps balance the nervous system, but combining it with practical routines at home can create a calmer, more focused environment for children with ADHD or ADD."