



Daily Routines

General Information

Memory aids are some of the tips and tricks that can help children and teens with ADHD get better organized. They are to some extent equivalent to the paper or electronic daytime planners that adults use.

You simply need to identify the situations in which your child/teen is prone to forgetfulness and determine the steps that will help them develop work strategies and methods.

Then, all you need do is to post specific memory aids in the front hallway, kitchen, family room, bathroom, bedroom, on the fridge door, etc.

Make sure to post these memory aids at their eye level. 😊

The memory aids presented here are examples to help guide you and your child to develop tools together.

The best ones are those that apply to daily routines. Let your imagination run freely, be creative, test them out!

Writing Your Memory Aids

- Adapt the instructions to your specific needs.
- Cut them out in the shape of a bookmark.
- Plasticize them and stick them near the place where the task is to be done.
- Add a fun erasable pen with an attractive cord above the bookmark.
- Refer to your memory aid and check off each task as soon as you do it.
- Just before bedtime, erase your memory aid to start off the next day with a fresh new slate.
- Ask your parents if you need any help. 😊



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cliniquefocus.com / attentiondeficit-info.com

Developed by Clinique FOCUS, under the coordination of Johanne Perreault, DPsy, in collaboration with Dr. Annick Vincent. (Revised: May 2013)

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I start off on the right foot by tidying up my room!

Every morning, . . .

- I put on my happy face. ☺
- I get dressed.
- I make my bed.
- I tidy up my room.
- I put my dirty clothes in the hamper.

*This memory aid can be plasticized and posted at eye level near your ADHD child's bed or worktable.



I turn off the bedroom light!!!

Every morning, . . .

- I turn off my bedroom light. ☺

*This memory aid can be plasticized and posted at eye level next to your ADHD child's bedroom door.



For a brilliant smile!

After each meal, . . .

- I wet my toothbrush.
- I apply toothpaste.
- I brush all my teeth properly.
- I rinse my mouth.
- I rinse my toothbrush.
- I put away my toothbrush.

*This memory aid can be plasticized and posted on the bathroom mirror or at eye level near your ADHD child's toothbrush.





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 <p>I leave for school on time!!!</p>	 <p>I turn off the lights and close the door!!!</p>
<ul style="list-style-type: none"> <input type="checkbox"/> I collect all my school materials and signed papers and put them in my schoolbag. <input type="checkbox"/> I put my schoolbag near the front door. <input type="checkbox"/> I get my lunchbox. <input type="checkbox"/> I get my coat. <input type="checkbox"/> I put on my shoes. <input type="checkbox"/> I watch out for the school bus. 	<p><i>Each morning, . . .</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> I turn off the lights when leaving for school. <input type="checkbox"/> I lock the front door. 😊
<p>*This memory aid can be plasticized for your child with ADHD and posted at your ADHD child's eye level near the front door.</p>	<p>*This memory aid can be plasticized for your child with ADHD and posted at your ADHD child's eye level near the front door.</p>