



Ipca Laboratories Ltd.

125, Kandivali Industrial Estate, CTS No. 328, Kandivali (West), Mumbai 400 067, India

Disclaimer: The content of this scientific input has been conceptualized, developed and designed by Flowing Ink Communications Pvt. Ltd. exclusively for ipca. Although great care has been taken in compiling and checking the information, the authors/editors, Flowing Ink Communications Pvt. Ltd. and its agents and sponsors shall not be responsible, or in any way liable for any errors, omissions or inaccuracies in this publication whether arising from negligence or otherwise however, or for any consequences arising from there. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without written permission from the author.

For the use of a Registered Medical Practitioner or a Hospital or a Laboratory only.



Inspire

the little stars...

...to shine brighter

A Caregiver's
Guide to Manage
ADHD at Home.



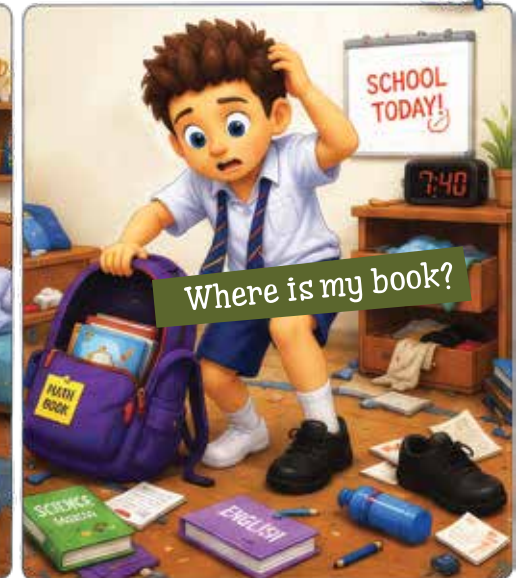
Front inside



THE MORNING RUSH



WHY MORNINGS FEEL LIKE A BATTLE?



What looks like carelessness may actually be ADHD.



ADHD can affect attention, organization, and self control.

INSIDE CHINTU'S BRAIN

UNDERSTANDING ADHD

ADHD affects brain skills like:



FOCUS:
Difficulty staying focused on tasks



MEMORY:
Difficulty remembering things



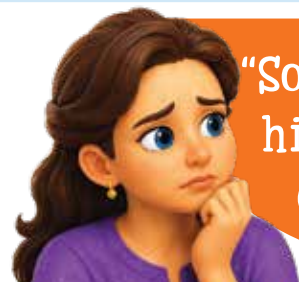
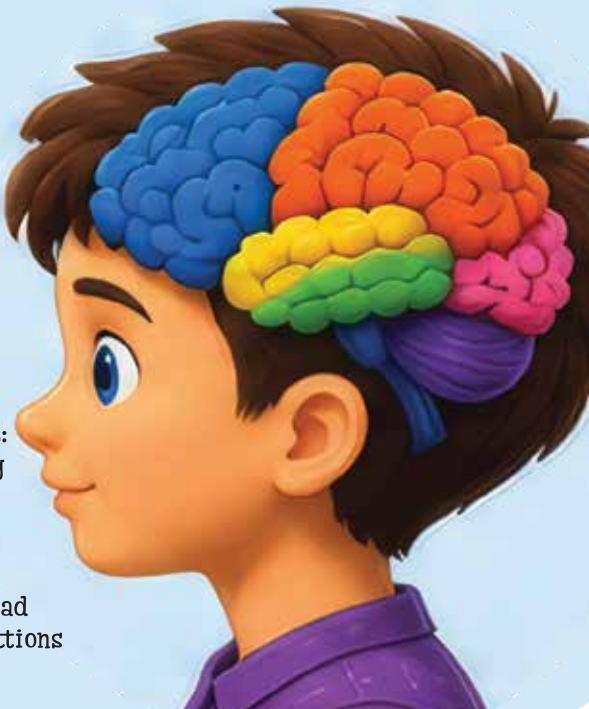
ORGANIZATION:
Difficulty keeping things organized



IMPULSE CONTROL:
Difficulty in thinking before acting



PLANNING:
Trouble planning ahead and following instructions



"So he is not lazy... his brain works differently."



Understanding ADHD is the first step toward helping your child.

Ref: ADHD in children. Signs, symptoms and help for ADHD in kids. Available from: <https://www.helpguide.org/mental-health/adhd/adhd-in-children>. Accessed on June 26, 2026

THE SCHOOL RUSH MYSTERY

WHY DOES EVERY SCHOOL DAY FEEL LIKE A RACE?



PARENT TIP

Breaking tasks into smaller steps makes them easier to follow.

WHAT HELPS?



Visual checklist



Keep clothes ready at night



School bag packed before bed



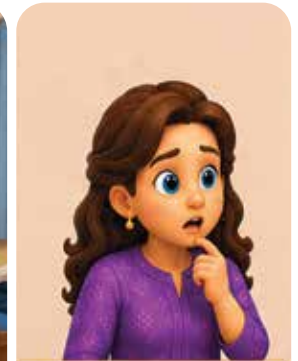
Give one instruction at a time



Predictable Routines

THE MESSY ROOM MYSTERY

WHY IS HIS ROOM ALWAYS MESSY?



Kids with ADHD often struggle with organizing and prioritizing.

WHAT HELPS?



Use baskets, bins and labels



Keep storage easy to reach and use



Encourage daily habits like making their bed every day



Keep shoes and school items in the same place



For bigger jobs, stick to a schedule



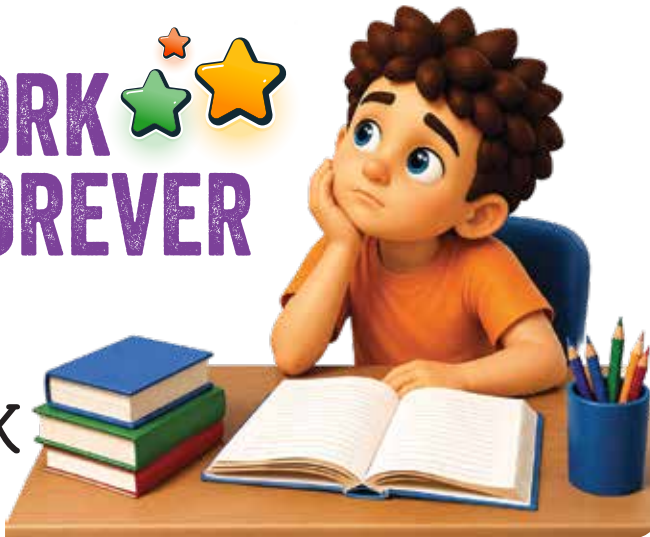
PARENT TIP



1. Be patient. Building organization skills takes time.
2. Praise efforts and not perfection.

HOMEWORK TAKES FOREVER

THE HOMEWORK BATTLE



Sharpening pencils



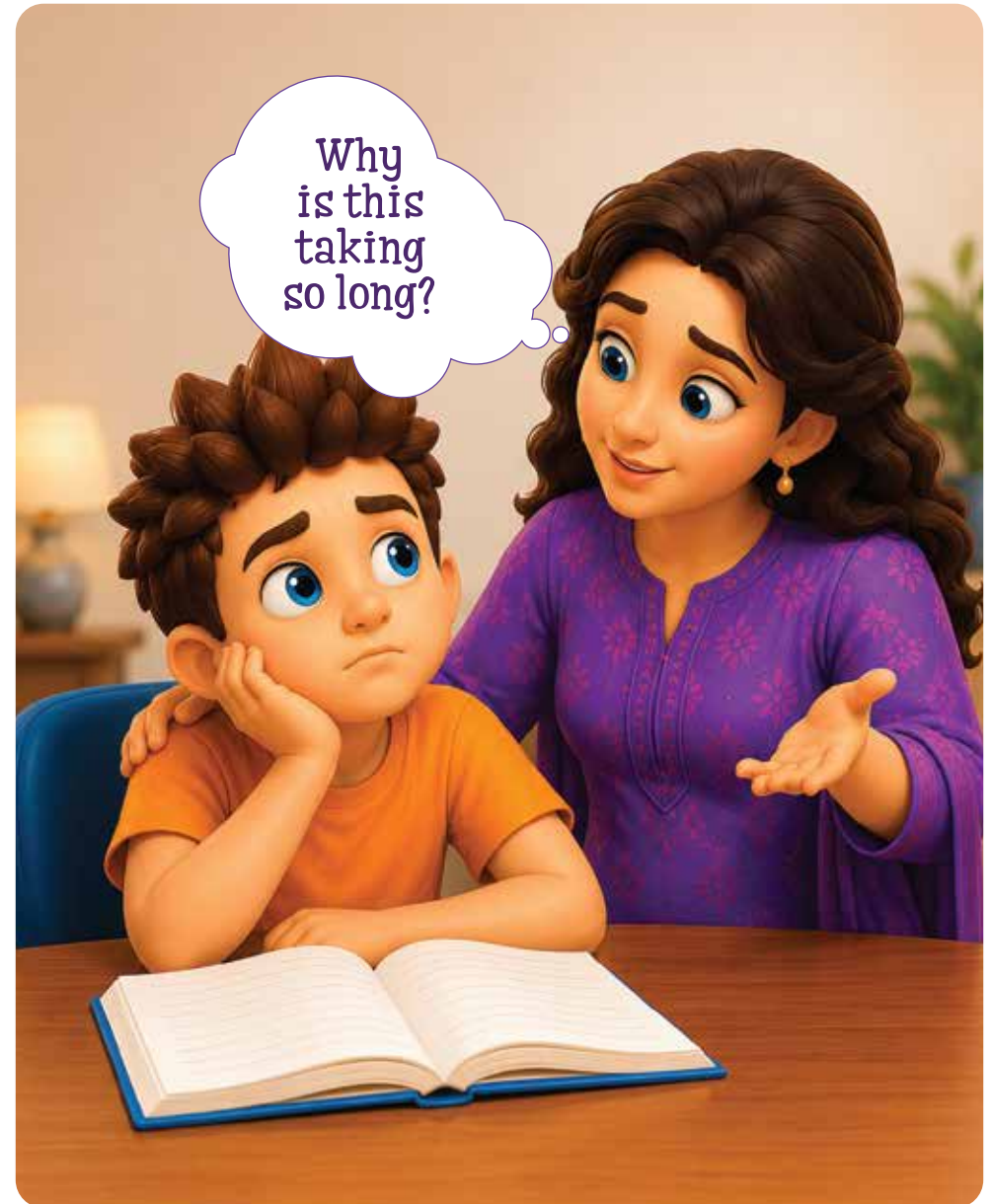
Drinking water



Looking outside



Getting up again



ADHD makes it harder to stay focused and finish tasks.

WHAT HELPS?



Quiet study space



Break homework into small steps



Use a timer for focused work sessions (15–20 minutes)



Schedule short breaks (5–10 minutes)



Set a fixed homework time every day



Make instructions easier



PARENT TIP

Instead of Good job!, say:



I like how you kept trying.



I like how you solved maths problem by yourself.



FROM MESSY TO MANAGED



ONE STEP AT A TIME



Children with ADHD benefit from:



Your child is not being difficult.
They may be having difficulty
managing tasks that others find easy.





Together In
ADHD

To support families beyond
consultation hours,



**AN ADHD AWARENESS
WEBSITE &
SOCIAL MEDIA PLATFORMS**
that continue the conversation
beyond the clinic.

-  Together in ADHD
-  togetherinadhd
-  togetherinadhd.com



Scan to stay connected