

IPSA Daily Application Cheat Sheet – ADHD Parenting Made Doable

A one-page visual summary based on 2025 IPSA research, designed to make ADHD parenting manageable, consistent, and realistic.

1. Start Every 48 Hours (Not Every Week)

Plan in short 2-day cycles instead of weekly routines. Review and reset frequently.

- Choose one focus (e.g. morning routine)
- Review what worked after 48h
- Reset and choose the next focus

2. Visualize Everything

Turn tasks into visible, concrete reminders to reduce mental load.

- Use a 3–5 item whiteboard checklist
- Use color-coded sticky notes
- Keep visual cues in the same place

3. Use External Triggers (Never Rely on Recall)

Replace internal reminders with visual or timed cues.

- Smartwatch or phone alarm for key transitions
- Visual reminder objects (book, shoes, timer)
- Smart location alert: 'Leave now for pickup'

4. Three-Tier Task System

Tier	Use When	Example
Must-Do	Low energy days	meds, meals, school bag
Can-Do	Normal energy	reading, chores, activity setup
Later	Spare time only	organizing, non-urgent tasks

5. Micro-Scripts for Stress Moments

Keep one calm sentence ready to interrupt escalation.

- 'I see you're upset — let's pause.'
- 'We'll talk when it's calmer.'
- 'We can fix this together, but first breathe.'

6. Celebrate Tiny Wins

Reinforce small successes immediately to trigger motivation.

- Mark ✓ on a visible tracker
- Offer a short reward after completion
- Share the win in your support group or chat

Adapted from: Lindström K et al., 2025 (BMC Psychiatry); Barkley R.A., 2023; Volkow N.D., 2024; Chronis-Tuscano A., 2023