

Help Make the Most of Your Summer

A Weekly ADHD Planner



Corium

Actor portrayals.

ADHD=attention deficit hyperactivity disorder.

Keeping a Summer Schedule to Help Keep Up With ADHD

How This Weekly Planner Can Help

Even during the summer months, it's important to keep up with your child's progress. Use this planner to track weekly activities to help make sure you and your child make the most of the time away from school. It is also **a record that you can share with your child's doctor** along the way and before the new school year begins.



Actor portrayals.

Keep These Tips Top of Mind



Look for signs

Summer days may present new social challenges and behavioral changes. Be mindful of these and other changes that may be worth sharing with your child's physician.



Stick with a schedule

Keeping a schedule can help your child manage transitions through the summer months. Try to keep a regular meal schedule and consistent waking and bedtimes.



Break up the day

ADHD impacts different times of the day in different ways. If your child is engaged in more involved activities, plan for 20-minute intervals and encourage frequent breaks.



Set up for success

The summer brings with it exciting new experiences that can also be challenging for kids; help your child visualize activities and go over the rules before diving in.



Keep your doctor close

Keep your child's doctor apprised of any changes or needs. Schedule appointments at key times to ensure smooth transitions to summer and back to school.

Your Weekly Tracker

Use this checklist each week of the summer to record and share progress. It may be helpful to list activities and schedule a routine for different times of the day.

Week: _____

Morning Checklist

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<i>Example: Brushed teeth</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Daytime Checklist

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<i>Example: Attended camp</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Evening Checklist

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<i>Example: Cleared the table</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Notes to Share With Your Child's Doctor: _____

Week: _____

Morning Checklist

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Daytime Checklist

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Evening Checklist

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Notes to Share With Your Child's Doctor: _____

Your Weekly Tracker

Week: _____

Morning Checklist

Mon Tues Wed Thur Fri Sat Sun

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Daytime Checklist

Mon Tues Wed Thur Fri Sat Sun

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Notes to Share With Your Child's Doctor: _____

Your Summer Assignment

Summertime presents exciting opportunities and potential setbacks for a child with ADHD. The role you play as a caregiver is as critical now as it is during the school year. Take a moment to celebrate yourself for your daily dedication—and keep celebrating throughout the summer months. **You deserve it!**



Actor portrayals.

Corium

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