

Information and Action Steps Taught In Creating Daily Expectations



ADHD DUDÉ
REAL HELP. RIGHT NOW.

**Please see the glossary if you want more information on terms in bold.*

It is essential to have daily expectations for behavior and also for helping at home. When expectations are clearly stated and consistently followed, kids feel emotionally safe and have a sense of purpose. It is also important for your child to understand that electronics (video games, iPad, phone, etc. are not entitlements; they are privileges earned by meeting expectations.

Action Steps:

- Expectations should be specific, realistic, individualized, and stated concretely. We want to set them up for success without reactive responses like threats of punishment.
- Ensure incentives are given within the child's **time horizon** to motivate kids.
- Elementary School Expectation Examples:
 1. Put clothes in the laundry basket
 2. Bring plates to the sink and rinse them off
- Middle School Expectations Examples:
 1. Make lunch on school nights after dinner
 2. Take the dog on a walk after school
 3. Phone goes on the charger in the kitchen at 8:00 without arguing
- High School Expectations Examples:
 1. Take medicine each day
 2. Get up with an alarm
 3. Answer parent text within 20 minutes when not in school
- Examples of expectations that are not effective:
 - Be nice to your brother all the time (unrealistic)
 - Use kind words (vague)

*Homework expectations should not be included. Please see the Executive Function Crash Course for more information on structuring homework.

- Give ample opportunities for correction through Brain Breaks or clean-ups.

