

# Summertime Strategies for Children With ADHD: Plan, Structure, And Have Fun

from Jenny Wise at [SpecialHomeEducator.com](http://SpecialHomeEducator.com)



Parenting a child with attention deficit hyperactivity disorder (ADHD) presents a number of challenges during the school year, but the summer season can be difficult too. Most families have to come up with a game plan when it comes to the summer break, because otherwise, kids can lose progress that they made during the structured school year. Summer can be a great chance for kids with ADHD to relax and have fun, but some early strategizing by parents is key.

## Put together a structured routine to maintain order for your child

ADDitude points out that kids with ADHD typically do best when they know [what to expect](#). Come up with a plan and let your child know your expectations for the summer. Put together a plan with plenty of structure. Everyday Health details that [transitioning](#) back to school again can be challenging if the summer doesn't have a routine. However, this is a time for fun too.

As you put together a schedule and routine for the summer, build in both structured blocks of time and free time. You may want to address expectations related to tech use, as many kids get sucked in and addicted without a plan in place. Try to get your kids to do some [fun activities outside](#) instead. Geocaching is a great way to get tech-obsessed kids out of the house to go exploring. By using a smartphone or tablet with a GPS tracker, they can locate treasures in their community. It's also a natural way for children with ADHD to practice their concentration skills, since they'll have to focus while on the hunt for hidden items.

## Choose activities geared toward enjoyment and success

While summer is a great time to try new activities, you will also want to build in successes for your child with ADHD. Incorporate beloved activities into the routine and make time to connect with one another. A summertime schedule will likely work best if you coordinate ideas with your child rather than dictate the plan, and don't forget family activities and some plain downtime.

Registering your child with ADHD for camp is a great option for many families. Whether it is day camp or an overnight camp, these settings keep kids active and challenged, and provide the chance to try new activities and make new friends. Look at YMCA camps, church-related offerings, and opportunities via your school district or community education program to see if camps are available that suit your child's interests.

## Don't lose sight of maintaining routines for balance

Don't forget to maintain a regular sleep schedule during the summer break. Sleep is key to any child's routine, and while summer provides an opportunity to loosen up on this front, you may not want to veer too far off the usual schedule. The Child Mind Institute recommends keeping both [mealtimes and bedtimes](#) consistent with what your family does the rest of the year to keep your child with ADHD on a good track.

What about your child's medications? Some families look to summer break to take a break from them. Psych Central details that if this is the route your family wants to go, it is important to coordinate this effort with your [child's doctor](#) and proceed cautiously. While it can be appealing to take a break from medications over the summer, this may not ultimately be in your child's best interest.

## Tutoring to keep up with academics may play a role during summer too

Summer may feel like a great time to take a break from academics, but for many kids with ADHD, some tutoring over the summer can be helpful. When your child has worked hard all year, you hate to see all of that progress lost via the typical summer slide. Understood suggests that hiring a tutor may be a good plan to keep your child on track and prevent the [summer brain drain](#) while still allowing for some free time and fun activities.

Summertime can be both exciting and overwhelming for children with ADHD and their parents. It often works best to build a schedule with a predictable routine that keeps kids busy but not overscheduled. Camps can be a great way to stay active and make new friends, and parents often find that hiring a tutor to work with their child can be quite helpful as well. Summertime does allow for plenty of choice and freedom, but families may find that things work best when they try to keep sleep, medication, and daily routines as predictable as possible.

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