



ADHD BEHAVIOR MAP

FROM STRUGGLE TO INTENTION



START
THE BEHAVIOR



SPOT IT.
WHAT'S
HAPPENING?



STOP IT.
INTERRUPT
THE ESCALATION



SUPPORT IT.
WHAT DOES MY
CHILD NEED?



SOLVE IT.
CHOOSE THE ROUTE
THAT HELPS



DESTINATION
BETTER OUTCOME



**ANGER /
FRUSTRATION**



- Overwhelmed
- Unmet need
- Too hard
- Tired



Stay calm.
Lower your voice.
Create space.



Help regulate.
Offer connection.
Validate feelings.



Co-regulate.
Teach tools.
Problem solve.



**CALM +
CONNECTION**



**YELLING /
SNAPPING**



- Overstimulated
- Not understood
- Too many words
- Frustrated



Lower your voice.
Reduce words.
One direction.



Listen.
Validate.
Teach words.



Give choices.
Practice scripts.
Repair.



**RESPECT +
COMMUNICATION**



**REFUSAL /
NON-COMPLIANCE**



- Task too hard
- Too long
- Unclear
- Unexpected
- Boring



Pause.
Don't argue.
Stay neutral.



Break it down.
Offer small win.
Give choice.



Make a plan.
One step.
Build momentum.



**STARTING +
FOLLOWING
THROUGH**



**SHUTDOWN /
WITHDRAWAL**



- Overwhelmed
- Sensory overload
- Demands high
- Burned out



Back off.
Reduce input.
Give space.



Offer safety.
Let them reset.
No pressure.



Regulate first.
Reconnect.
Return when ready.



**REGULATION +
RECONNECTION**



**TRANSITION
MELTDOWN**



- No warning
- Hard to switch
- Likes current activity



Give warning.
Use timer.
Prepare early.



Predictability.
Visuals.
Advance notice.



Offer choice.
First/Then.
Make it fun.



**SMOOTH
TRANSITIONS**



**DISTRACTION /
CAN'T FOCUS**



- Too many distractions
- Task too long
- Needs movement



Pause.
Reset.
Refocus.



Shorter chunks.
Movement break.
Clear instructions.



Timer.
One task.
Check in.



**FOCUSED +
FINISHED**



**FORGETFULNESS /
DISORGANIZED**



- Working memory challenge
- Too much to remember



Don't lecture.
Stay calm.
Problem solve.



Systems.
Reminders.
Visual supports.



Routines.
Checklists.
Consistent supports.



**SUPPORTED
INDEPENDENCE**



**SAD / LOW
ENERGY**



- Tired
- Overwhelmed
- Big feelings
- Loneliness



Notice gently.
Check in.
Don't fix.



Connection.
Rest.
Encouragement.



Support.
Small wins.
Positive plan.



**SUPPORT +
RENEWAL**



**SPOT IT.
STOP IT.
SUPPORT IT.
SOLVE IT.**



YOU'RE NOT LAZY. YOUR BRAIN JUST WORKS DIFFERENTLY.



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