



Parenting Guide:  
ADHD & Behavioral Concerns  
Structure, Consistency, and Planning



# Parenting the Storm:

## A Structured Guide For Raising Children with ADHD and Behavioral Challenges



# Parenting Guide: ADHD & Behavioral Concerns

Structure, Consistency, and Planning

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The butterfly symbol is often used to represent ADHD (Attention-Deficit/Hyperactivity Disorder) for several reasons:

### **Movement and Energy:**

Butterflies are known for their vibrant colors, quick movements, and fluttering wings, which reflect the hyperactivity and impulsivity often associated with ADHD.

### **Transformation and Growth:**

Butterflies undergo a metamorphosis, transforming from caterpillars into beautiful winged creatures. This symbolizes the potential for individuals with ADHD to overcome challenges and grow.

### **Hope and Optimism:**

Butterflies are generally seen as positive and hopeful symbols, representing the resilience and optimism that individuals with ADHD can possess.

### **Uniqueness and Diversity:**

Butterflies come in a wide variety of colors and patterns, highlighting the diverse experiences and strengths of individuals with ADHD.

### **Connection to Nature:**

Butterflies are part of the natural world, which can provide a sense of grounding and connection for individuals with ADHD who may experience challenges with focus and attention.

It's important to note that the butterfly symbol is not an official or universally recognized symbol for ADHD. However, it has gained widespread use in the ADHD community as a way to raise awareness, express support, and promote understanding.



Welcome! This guide provides practical strategies for parents navigating the challenges of raising children with ADHD or behavioral concerns. Inspired by Keisha McDonald's 'Parenting the Storm', we focus on creating a structured, consistent, and predictable environment. Remember, you are not alone.



## Key Principles

The following principles are crucial for success:

**Structure:** A well-defined routine provides a sense of security and predictability.

**Consistency:** Applying rules and consequences fairly and consistently minimizes confusion and promotes learning.

**Planning:** Proactive planning helps anticipate potential challenges and implement preventative strategies.

**Consequences:** Clear and appropriate consequences teach responsibility and accountability.



Parenting a child with ADHD or behavioral concerns doesn't mean chaos; it means **intentionality**. This guide will walk you through the core elements of success: Structure, Consistency, Planning, and Consequences, with real strategies to support your parenting journey.



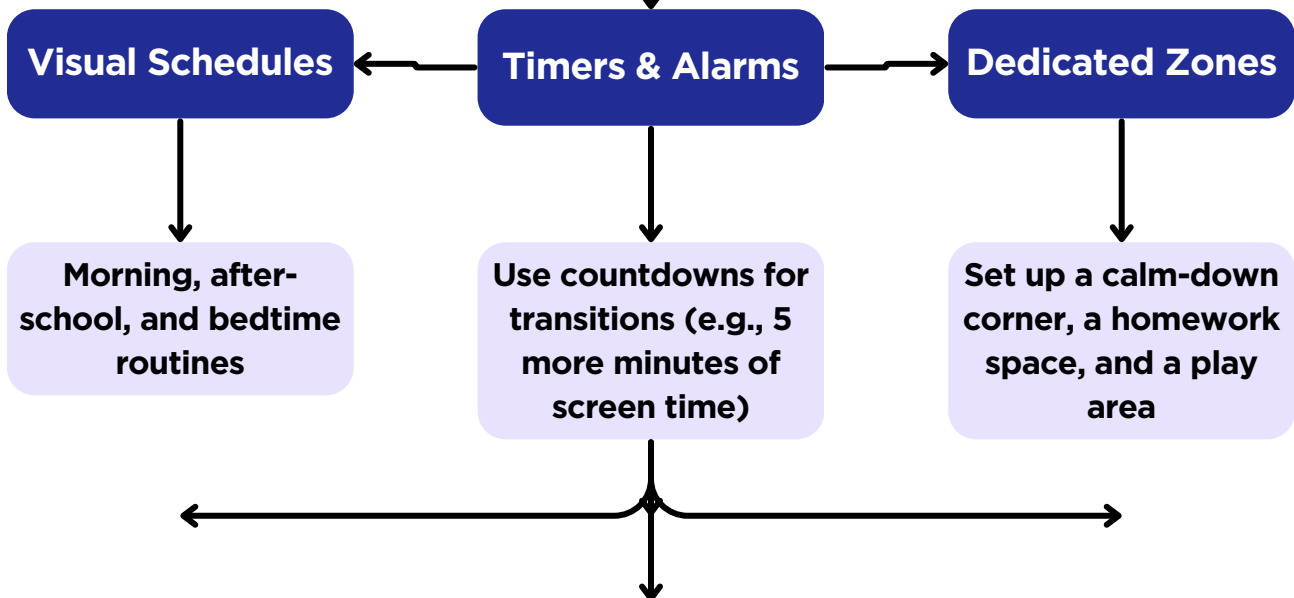




# Structure: Building Predictable Routines

## Key Tools:

Set up a calm-down corner, a homework space, and a play area

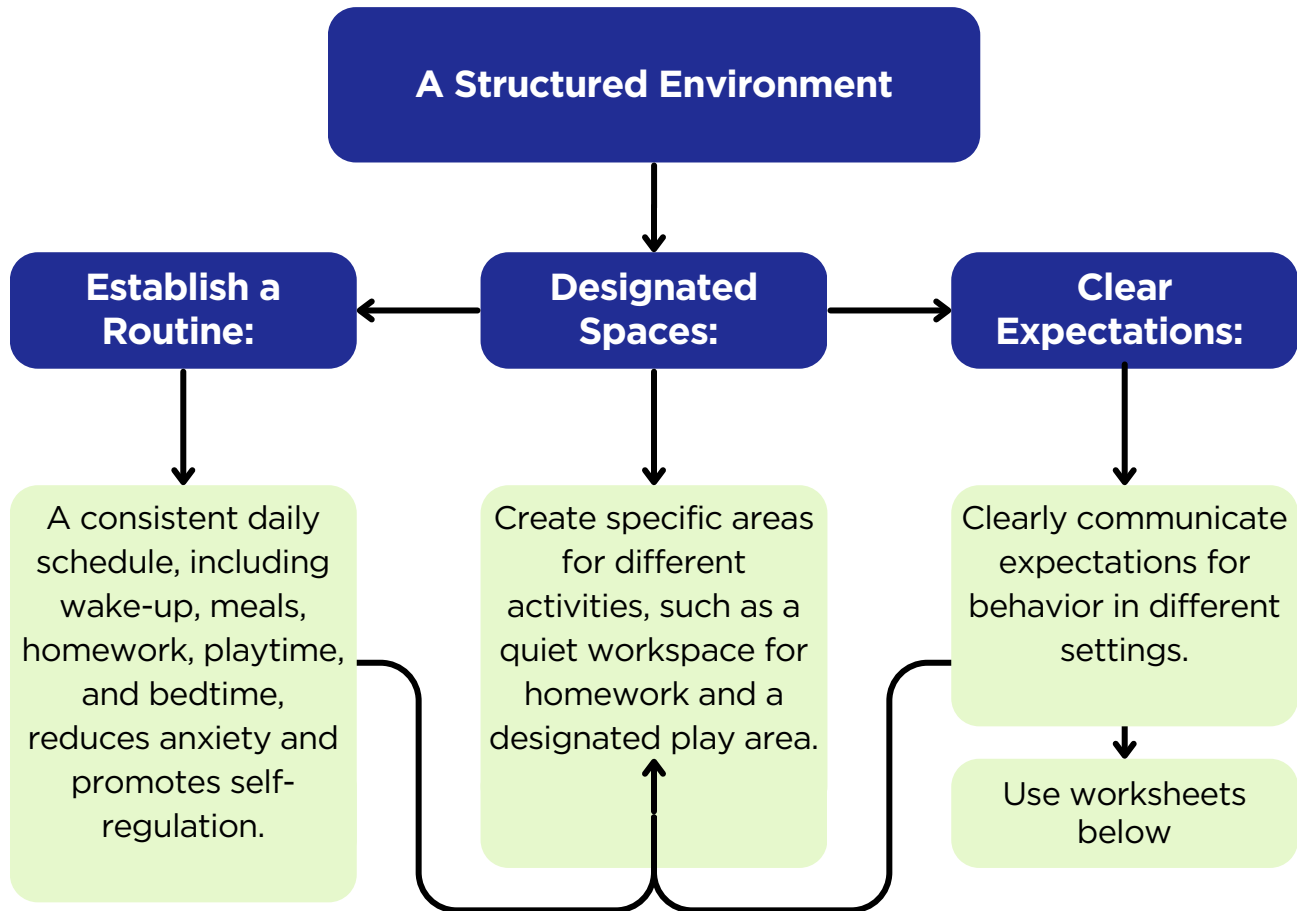


**Storm Wisdom:**  
Structure is not about  
rigidity its about giving  
your child a safe place to  
land.



# Creating a Structured Environment

A structured environment minimizes distractions and helps your child focus. Here's how:



## Worksheet: Visual Schedule Template

**A visual schedule can be incredibly helpful. Display it in a prominent location. Review the schedule with your child each morning and before transitions. This helps them anticipate what's coming and reduces anxiety. Consider laminating it so they can use a dry erase marker.**

### Morning Routine

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### School

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Afternoon Activities

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Morning Routine

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### School

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Afternoon Activities

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Evening Routine

- \_\_\_\_\_

## Weekly Behavior Tracker

Instructions: Write the goal behavior in the top row. Use a checkmark or note in each box for progress.

Day	Goal 1	Goal 2	Goal 3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



# Calming Strategy Menu

Instructions: Work with your child to list calming tools or activities they can choose from during emotional storms.

☐ Breathing Exercise

☐ Draw or Color

☐ Squeeze a Stress Ball

☐ Listen to Music

☐ Take a Walk

☐ Ask for Help



## Daily Visual Schedule Template

Instructions: Use this schedule to map out a structured day. Include pictures or icons for younger children.

Time	Activity



## Morning Routine

☐

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☐

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☐

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☐

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## School

☐

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☐

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☐

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☐

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## Afternoon Activities

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## Morning Routine

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## School

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## Afternoon Activities

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## Evening Routine

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# The Power of Consistency

Consistency is key to effective parenting. When rules and consequences are applied consistently, children learn what is expected of them and the consequences of their actions.

## Consistency: Say It, Mean It, Repeat It

### Tips for Staying Consistent

#### Establish Clear Rules:

Define rules that are simple, specific, and age-appropriate.

#### Consistent Consequences:

Apply consequences fairly and consistently, regardless of your mood or circumstances.

#### Follow Through:

**Always** follow through on promises and threats. If you say you'll do something, do it.

#### Storm Wisdom:

Children feel secure when they know where the limits are and that the limits don't change based on your mood.

**Behavior** improves when consequences and expectations are consistent.

#### Example:

Use the Same Language:  
Instead of Dont do that! say  
Lets remember our calming  
strategy.

**Stick to the Plan:** If a  
consequence is set, follow  
through every time.

#### Example:

Consequences don't change  
if you do the crime you do  
the time.

**Tag Team:** Caregivers should  
use the same responses and  
reward systems.

#### Example:

Say,"If you don't do what I asking by the  
count of 3 this is your consequence."

**Give the consequence not another  
count of 3!**



# Proactive Planning

Anticipate potential challenges and plan preventative strategies. This reduces reactive responses and promotes calmer interactions.

## Identify Triggers:

Determine what situations or events tend to trigger challenging behaviors.



## Develop Strategies:

Create strategies to prevent or manage these triggers. This might involve modifying the environment, providing warnings, or teaching coping skills.



## Practice and Role-Play:

Practice coping strategies with your child in a calm setting so they are prepared to use them when needed.



## Calming Strategy Menu

Help your child create a 'Calming Strategy Menu'. This menu lists activities they can choose from when feeling overwhelmed.

**Examples include** taking deep breaths, squeezing a stress ball, listening to music, or going for a walk.

Refer to the menu *before* challenging situations arise.



# Planning: Think Ahead, Dont React

Anticipating challenges helps you respond with intention.

## **Weekly Behavior Goals:**

Choose one skill to focus on (e.g., raising hand before speaking).

## **Pre-Game Hard Moments:**

Before shopping or church, review expectations and calming tools.

## **Plan for Downtime:**

Boredom can lead to impulsivity have quiet-time activities ready.





## Structure, Consistency, and Planning



# Consequences: Teach, Dont Punish

**Consequences should be immediate, fair,  
and connected to the behavior.**

## How to Use Consequences:

### **Natural & Logical:**

If a toy is thrown,  
the toy goes away  
for the day.



### **Repair the Harm:**

Hurt someones  
feelings? Make a  
kindness card or  
offer a sincere  
apology.



### **Avoid Shaming:**

Use a calm tone,  
even when firm.

**Storm Wisdom:**  
Discipline is not  
about control its  
about guidance,  
growth, and  
teaching emotional  
responsibility.

## Structure, Consistency, and Planning



# Weekly Behavior Tracker

Use this tracker to monitor your child's behavior throughout the week. Check off or make notes under each time of day and behavior goal. This helps identify strengths and patterns over time.

Time/Behavior	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Followed Directions							
 Stayed Calm							
 Used Kind Words							
 Completed Tasks							
 Needed Support							
 Followed Directions							
 Stayed Calm							
 Used Kind Words							
 Completed Tasks							
 Needed Support							
 Followed Directions							
 Stayed Calm							
 Used Kind Words							
 Completed Tasks							
 Needed Support							



## Consequence Planning Sheet

Instructions: Identify behaviors, their triggers, and logical consequences ahead of time. Helps reduce reactive discipline.

Behavior	Trigger	Logical Consequence



# Consequence Planning Sheet

Use this sheet to prepare for possible misbehaviors and decide ahead of time how you will respond. Planning helps ensure consistency and calmness in your parenting approach.

1. Potential Misbehavior:

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2. When/Where is this likely to happen?

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3. What is the reason behind this behavior?

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4. What is the expected behavior instead?

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5. What consequence will be used if the behavior occurs?

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6. What reward or praise will be given for using the expected behavior?

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7. How will I stay calm and consistent in the moment?

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# Self-Care for Parents



Parenting a child with ADHD or behavioral concerns can be challenging. It's essential to prioritize your own well-being.

**Seek Support:** Connect with other parents, therapists, or support groups.

**Take Breaks:** Schedule regular breaks for yourself to recharge.

**Practice Self-Care:** Engage in activities that bring you joy and relaxation.

Remember, progress takes time. Be patient, compassionate, and persistent. Celebrate small victories and acknowledge your efforts. You are making a difference in your child's life.

This guide covered the key elements of structure, consistency, planning, and consequences. By implementing these strategies, you can create a more supportive and predictable environment for your child, fostering positive behavior and strengthening your relationship.



# MADD Therapy



## **Parenting the Storm: A Structured Guide for Raising Children with ADHD and Behavioral Challenges**

We're so glad you've taken this step toward intentional, empowered parenting. This guide was created to support you in building structure, consistency, and calm in your parenting journey—especially when facing behavioral challenges.

As you explore this resource, we also want to share two additional tools that may complement your progress:



## **Parenting the Storm: A Guide to Helping Your Child Regulate Their Emotions**

This companion book provides real-world strategies for helping your child understand, express, and manage their emotions in healthy ways.

## **The Emotion Compass: Navigating Your Feelings to Find Balance**

This reflective guide is perfect for both parents and older children. It helps identify emotions, triggers, and coping strategies so families can communicate better and restore emotional balance.

Together, these tools offer a layered approach to parenting through storms—with clarity, care, and connection.

With gratitude,

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# Parenting the STORM

## PARENTING THE STORM

A Guide to Helping Your  
Child Regulate Their  
Emotions

KEISHA McDONALD MA, MS, LPC

**Paperback:**

978-1-955234-15-3

Every child will face emotional storms—tantrums, tears, outbursts, and anxiety. And every parent must learn how to steer the ship through those unpredictable waters. Parenting the Storm is your compass.

Grounded in practical strategies and rooted in emotional wisdom, this guide equips parents with the tools to help children name, understand, and manage their feelings—without losing your own calm in the process. Whether you're dealing with everyday meltdowns or more intense emotional waves, this book will help you build trust, connection, and confidence in your child.

Inside you'll find:

- Step-by-step techniques to support emotion regulation
- Scripts for in-the-moment guidance
- Tools to build your child's emotional vocabulary
- Activities and checklists for practicing calm together
- Support for your own emotional resilience as a parent
- 

Parenting isn't about avoiding storms—it's about learning how to walk through them, hand in hand with your child.

## BONUS:

Worksheets available on Etsy shop  
<https://authentikxpressions.etsy.com>

**Author:** Keisha McDonald

**Page count:** 154 pages

**Publisher:** AmourLegaci Publishing

**Language:** English

**Format:** Paperback

**Available on:** Amazon, Barnes&Noble,  
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**Bulk orders on Barnes & Noble and  
Amazon**

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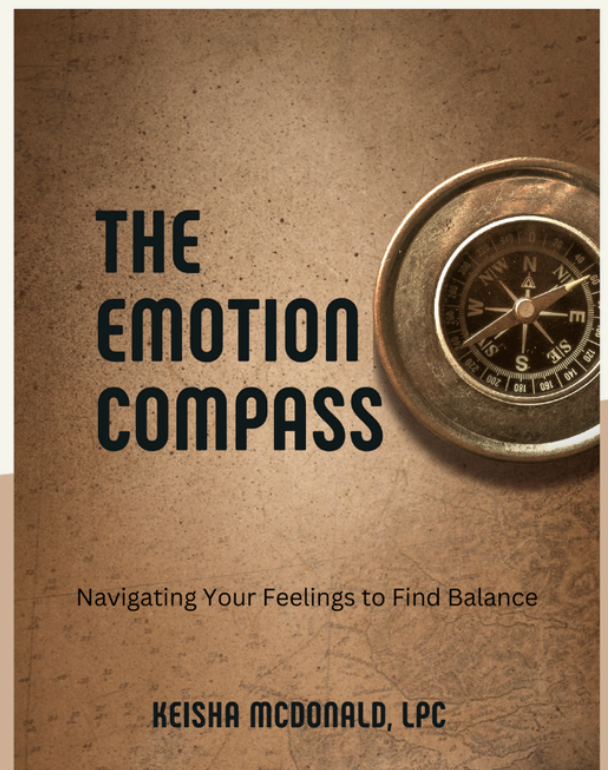


# THE EMOTION COMPASS

## BONUS:

Worksheets available on Etsy shop  
<https://authentikxpressions.etsy.com>

This guide offers practical tools, empowering techniques Unlocking Self-Awareness for Emotional Wellness. This workbook will help you find practical tools and exercises designed to help you process and manage your emotions effectively. Whether you're exploring joy, navigating sadness, embracing peace, or confronting anxiety, each page offers guidance to cultivate emotional intelligence and personal growth.



## Paperback:

978-1-955234-10-8

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