

Neurodiversity Parent 101:

Why is my child forgetful and loses things?

Remembering to remember to be organised

- Some children (with ADHD) have difficulties organizing themselves and their possessions. They may find they need some help when sorting things into groups such as putting their clothes or toys away.
- They may find it harder to prioritise what needs to be done now and what can wait till later.
- A lack of awareness of time concepts may make it harder to recognize the need to do something that needs doing and so they forget to start or finish tasks and leave possessions behind.
- It can feel frustrating for the child or adult as they may not be intentionally forgetting to do things and intend to but have forgotten as they are focused on other tasks.

How can you help?

- ✓ A visual timetable may help but some children don't notice them and need prompting. More than one timetable may be helpful – bedroom, kitchen, and in school bag.
- ✓ Use of a checklist the child or adolescent has to go through and tick off each time will help to remind them of a series of steps e.g., tidying their room, packing their bag,
- ✓ Setting alarms on phones/computers that remind the child to do a task can be very helpful.
- ✓ Colour coding can be useful so the child or adult can quickly see where different items go or when looking for items such as books or clothing.
- ✓ Making tasks happen at the same time and in the same place can help to automate them. Use of a reward system can be helpful initially to encourage the child to complete the tasks. You may need to remind the child or adult to do the tasks for quite some time before they become automated.

