

Apps for Children with ADHD

By Hilary Smith

The internet is an amazing place. We have amazing children. And the internet has amazing ways of supporting our children no matter what their ability challenges may be. Our smartphones are not just useful for their games while waiting in doctor's waiting rooms. But the scenarios where the [technology of today can be useful](#) has expanded generously. Now there are useful apps that can help to soothe a frustrated child, get through homework assignments and even websites that can help our children understand their main subject matter better by letting them work toward mastery at their own pace in their own home. By the way, most of these types of resources are free - we aren't suggesting you throw your money around.

Soothing:

A frustrated or otherwise upset child may have good reason to be distressed. Sometimes it's not due to hunger, tiredness or anything else but frustration. And beyond a gentle bonding moment between parent and child, sometimes they just need a change of focus. That's where the smartphone comes in. Maybe they will enjoy:

- A drawing app that lets them create interesting designs in beautiful colors. (Try [MagicDoodle](#) or [KidsDoodle](#))
- Comforting music that will help them think happier thoughts. (Download [Pandora](#) or [Spotify](#))
- A familiar game that shows their mastery and highlights their problem solving skills. (Look up [CandyCrush](#), [Wordstreak](#) or [Chess.com](#))

Homework:

Stop the struggle. But don't stop the learning. No matter how long our IEP, we still want our children to learn. And here is where apps come to the rescue. [Download one or all of the following on your smartphone, tablet or laptop](#). If your child struggles with;

Reading,

try:

- Audio assistance apps with a pleasant voice to read them what's on the screen. ((on a Smartphone, look for Siri's many options. She can read emails, plus other documents.)
- Online classics read aloud (with all the right inflections) so the student can follow along in the text. (with your library card, download Overdrive.com, or better yet, StoryNory.com)

Writing

- Word processing programs with [predictive spelling](#) abilities. The student can choose the word they wanted to use from a row of possibilities based on what they've already typed.
- [Text to speech programs](#) that cut out the initial writing phase and let the writer speak their ideas onto the screen.

Focus

- [Printables](#) for the parent to print out and put up on the wall.
- Mind mapping software or printouts to help students organize their thoughts before putting them onto paper. (look for [Mind Vector](#), [iMindQ](#) or [iBrainstormer](#) for your Smartphone)

Time management:

- Sites that offer [visual schedules](#) for the student to follow can help with transitions between subjects and productivity if they know they only have so much time to work with.
- Likewise, there are apps and sites with [visual timers](#) that show how much time is left to complete their task.



Mathematics:

- You can find [large display calculators](#) for visual impairments.
- [Talking calculator](#) apps conquer many emotional and physical struggles when it comes to numbers.

General curriculum overwhelm? Look up [online courses](#) in kindergarten through college-level subjects that allow students to work at their own pace. Often kids come home and have trouble connecting the

classroom teachings to the homework pages. Online, they can watch a demonstration as much as needed and reach mastery after several attempts in the privacy of their home. Then the homework page can be completed with less stress on you and your child.

Of course mentioning all this tech and not mentioning the dangers that come with apps and websites would be careless. So it's important to discuss information on [how adults can protect their young from any internet dangers](#). With the wonders of the internet, you can do the following:

- Block certain websites you know kids could fall into given the subject matter.
- Set up custom “allow” and “do not allow” lists for web browsing.
- Put restrictions on screen time.
- [Block certain pages](#) to keep the hard-to-focus child on task.



Protect your children online effectively and focus on actual parenting instead of daily battles over phone time and limits. We know that helping our child depends on more than just fostering their advancement with technology. It also means [keeping them from technology that can harm them](#). These limits of screen time and keeping track of their websites are ways we can show our kids we care about them and we care about what happens in their virtual world, too. Using the internet wisely is a wonderful way to encourage our kids effectively so we can focus on actual parenting instead of worrying or struggling.