



# Lunch Ideas for your ADHD Child

from the brain professionals at



Making sure your child progresses through the day and doesn't melt down by the end of school takes a lot of creativity on the parents' part! Lunch is one area that you can take control of. You already know to pack healthy stuff, but what happens when they won't eat it??? Often the problem doesn't lie in what's in the lunch, but in how it's presented. ADHD kids become bored very quickly. If they are medicated, they often are just not hungry. Tempt them by offering very small amounts of 5-6 different foods. Instead of a pbj, chips, and a fruit, offer them small portions of nuts, raisins, or other dried fruits, beef jerky, carrot or celery sticks, etc. When measuring portions — less is better. Give them one celery stick and peanut butter rather than 5! A good rule of thumb is to give them enough of one item to fill one cube of an ice cube tray. This way they are encouraged to take a bite and move on to the next thing without growing "tired" of the option too quickly.



A note at lunch time is always a good idea — IF it isn't a demand or a "I hope you are minding your teacher!" That just causes frustration. A generic well wish like a note that says, "I'm thinking of you", or "I know you aced the math test!" is a great reconnection and sets your child up for a great afternoon!