

ADHD



WHAT IS ADHD?

ADHD is a neurological condition that causes a child difficulties with their executive functioning skills. This affects their attention, concentration, memory, motivation, ability to learn from mistakes, impulsivity, hyperactivity, organization, and social skills. The symptoms include inattentiveness, hyperactivity and impulsiveness. ADHD often coexists with other conditions.

Remember that children with ADHD are:

Curious	Creative	Energetic	Entertaining
Not trying to be disruptive	Regret their behaviour but are unable to stop	Often unaware of their disturbing behaviours	Not mounting a personal attack on you

CLASSROOM STRATEGIES

Students with ADHD do best with teachers who:

Are flexible	Follow clear routines	Are consistent	Provide a range of activities
Recognise and support individuality	Maintain a positive teaching environment	Present information and tasks in steps	Set firm limits on student behaviour

- Pupil voice: ask the child what helps them learn, what they find difficult
- Consider special interests and think about how you can use these in the classroom to motivate and engage
- Parental voice: They know the child best- talk to parents to find out what works at home.

TEACHING AND LEARNING STRATEGIES:

- Clear and concise instructions will enhance their ability to comply.
- Ask questions to actively engage the student.
- Being the teacher's assistant will help them to participate in the lesson.
- A daily routine that outlines timing and stretch breaks will assist with staying on task.
- Using a computer helps to maintain interest and attention for longer and adds motivation.
- Break tasks down into small manageable pieces to be submitted at regular intervals. Give feedback at all intervals.

PHYSICAL ENVIRONMENT:

- Children with ADHD work best under close monitoring and with minimal distraction. The following strategies may be helpful:
- Place them closest to you. This can enable discreet interaction between you and the child and help keep the child on task.
- Being at the front of the class often diminishes many visual distractions, including the movement and activities of the other students.
- Place the student next to quiet, hardworking peers.
- Avoid seating children with ADHD in large clusters of tables with many students at each.

THINGS TO CONSIDER:

Refer to the 'Executive Function grid' for further specific strategies to support:

- **Attention**
- **Memory and recall**
- **Predicating and coping with change**
- **Prioritising**
- **Knowing how to start**
- **Organisation and Independence**
- **Self-monitoring**
- **Understanding others' viewpoints**
- **Motivation and self-esteem**

TOP TIPS:

MANAGING BEHAVIOUR:

- Consider the function of unwanted behaviour
- Have clear rules and consistent expectations
- Give strategic praise for the little things
- Give corrective feedback in a positive way
- Communicate with parents- a home-school diary may be useful