

# SEND News – ADHD special

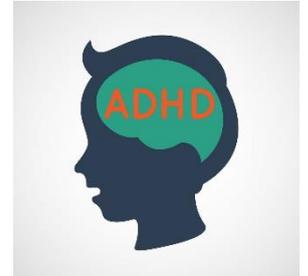
Attention deficit hyperactivity disorder (ADHD) is a behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness.

Children with ADHD may:

- Find it hard to focus for long periods of time.
- Find it hard to give a task their full attention or effort.
- Find it hard to control their fidgeting, talking and some disruptive behaviours.

Hopefully the information below will be useful in supporting your young people- As ADHD impacts different children differently it may be a trial and error situation. Also remember it is a medical condition which you GP can help with.

With best wishes, Tom Nolan (SENCO Clarendon)



## Parental Tips

- Use descriptive praise- thank you for..... (avoid mixing up messages by adding in a but....)
- Try to keep to a regular structure and routine (make this available to them)
- Clear rules (but not too many)
- Choose your battles- try not to get in a negative cycle of nagging about things they cannot control
- Active ignoring
- Use time out or give them space to calm down
- Use rewards (give but don't take away)
- Look out for their 'triggers' – when? Why?
- Look at exercise and diet- how does this impact their behaviours?

## Top inclusive strategies for students with ADHD:

- Have a distraction free work space (uncluttered/ un-busy).
- Clear and brief instructions (not too many)
- Simple routines and rules (not too many).
- Be warm, encouraging, and positive- star charts, rewards
- Help with organization.
- Remind them it's not a race - slow down and take their time.
- Prompts to stay on task- now do this... step by step..
- Give breaks
- Give extra time to complete work.
- Show them how to check their work and catch careless mistakes.
- Teach study skills such as taking notes, reading aloud, and prepping for tests.
- Break down longer tasks/ assignments into smaller parts- tick lists work!

## A few links for ideas for supporting students with ADHD:

[www.wiltshirechildrensservices.co.uk/community-paediatrics/support/attention-deficit-hyperactivity-disorder-adhd/](http://www.wiltshirechildrensservices.co.uk/community-paediatrics/support/attention-deficit-hyperactivity-disorder-adhd/)

[www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder](http://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder) (or NICE guide)

[www.addiss.co.uk](http://www.addiss.co.uk) [www.adders.org](http://www.adders.org) (charity support groups)

## Recommended books

- Understanding ADHD by Dr Christopher Green.
- All Dogs have ADHD by Kathy Hoopman