

Strategies you and we might use to support your child with

Attention Deficit Hyperactivity Disorder (ADHD)

- Establish a clear and consistent routine. It is vital pupils know rules and boundaries. Be firm but reassuring and encourage/reward immediately any positive behaviour.
- Give clear step-by-step instructions, with eye contact.
- Allow students to stand at times when working (often kinaesthetic learners). Provide 'movement breaks' around the class.
- Provide lots of short tasks with changes of activity and tempo.
- Speak calmly in non-threatening manner if student seems nervous.
- Talk 1:1 and build relationship and trust. Set short-term goals.
- Look for signs of stress or frustration and alleviate pressure before a temper outburst.
- Seat in the front third of the class and away from distracting influences, preferably next to a positive role model. Increase distance between desks.
- Give tasks and instructions one at a time.
- Encourage the student to ask questions, to aid short-term memory.
- Monitor social interactions and set goals, if necessary.
- Lists may help organisation. Reduce amount of homework and fill in a planner for student. Homework on a strict contract basis possibly. Reward effort.
- Allow opportunity to replay or revisit work, using memory joggers.
- Encourage self-monitoring, find own mistakes, and talk through each step.
- Give tasks of responsibility.
- Provide equipment if forgotten without reprimand.