



ADHD

What is ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a medical diagnosis (possibly involving brain dysfunction), in which individuals have difficulty in controlling impulses, inhibiting their behaviour and sustaining attention span. This leads to a variety of educational, behavioural, social and other related difficulties.

What difficulties might children with ADHD encounter?

- they might find it difficult to regulate their emotions
- they may be unable to identify and pick up on general social cues
- they may be unable to filter out the input around them which can cause extreme distraction to the child
- they may be unable to control impulses.
- they may have difficulty organising themselves and staying on task

Children may have some of these difficulties or they may exhibit all of these difficulties. Each child's profile is very different. Children with ADHD often become locked into **cycles of negativity**. They need to be supported to find a new and positive way of thinking about the negative behaviour.

How can you help at home?

- work together with school to share strategies that help
- use clear instructions and language
- praise the good things your child does
- keep instructions and tasks short
- ask your child to repeat back instructions
- write checklists for your child to follow
- make eye contact when giving instructions
- provide plenty of opportunity for movement
- use timers
- prepare your child for change

Useful website

www.adhdfoundation.org.uk/