



# ADHD

## What is it?




Attention Deficit Hyperactivity Disorder

The term is used to describe children who most of the time have **difficulty in paying attention** and whose behaviour is overactive and impulsive more so than average. It is a neurobiological disorder that occurs in only 5% of school children and is a medical diagnosis. Treatment may involve medication or behavioural therapy.

## Signs and symptoms

Poor organisation skills	Forgetful	Easily distracted	Fidgets/ leaves seat
Cannot work quietly	Always "on the go"	Talks excessively, blurts out answers	Struggles to wait turn/ interrupts
Aware of environment	Goal orientated	Disorientated sense of time	Self blame
For girls specifically: more inattentive than impulsive			

## Strategies

Sit near teacher and around good role models 	Away from window or door	One task at a time	Routines for good and poor behaviour. Be consistent (work with student to determine these)
Allow for fiddling (blu tack, toy, doodling on allocated scrapbook)	Use a visual timer 	Encourage highlighting/ underlining key info (model this)	Use post its to jot down questions when they pop into their head 
Control size of group work	Give a set time for task and <u>do not extend into break time</u>	Brain breaks	Use pupils name and eye contact when giving instructions
Check in with student regularly		Don't single out. Name the behaviour, not the child	