

## ADHD Support Sheet 2019

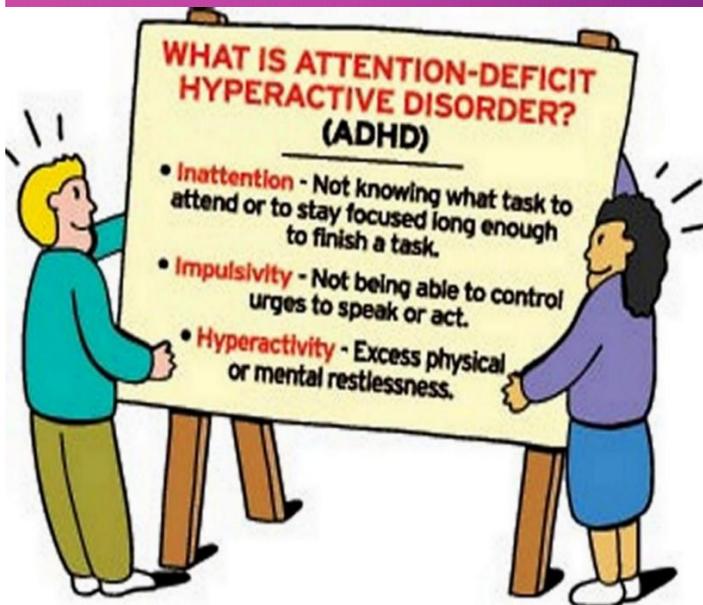
### Have You Ever. . .

- Lost your cool with a child who kept getting out of their seat and won't sit still?
- Thought a child was lazy because they seemed to never start something you have asked them to do?
- Become frustrated with a child who keeps banging or tapping constantly?
- Told a child something at least five times and then they still forget it?
- Had a child listen to you talk and then not know what you just said?

### If You Answered Yes. . .

- You are not alone!
- Today, in every city and town across the country there are children who are diagnosed with ADHD.
- It is vital for parents and school staff to understand ADHD so you don't feel frustrated, upset, or defeated.

**A**ttention  
**D**eficit  
**H**yperactivity  
**D**isorder



“Attention deficit hyperactivity disorder (ADHD) is a mental health disorder that can cause above-normal levels of hyperactive and impulsive behaviours. People with ADHD may also have trouble focusing their attention on a single task or sitting still for long periods of time. Both adults and children can have ADHD.”

### Physical Symptoms

Restlessness  
Hyperactivity  
Clumsiness  
Insomnia  
Enuresis  
Poor Coordination  
Headaches

### Mental Symptoms

Extreme Mood Swings  
Low Self-Esteem  
Learning Difficulties  
Low Attention Span  
Forgetfulness  
Obsessive Thinking  
Poor Short-Term  
Memory

### Behavioural Symptoms

Poor Social Skills  
Excessive Talking  
Risky Behaviour  
Attention Seeking  
Sensation Seeking  
Extremely 'Short Fuse'  
Lying  
Impatience  
Swearing  
Interrupting Others  
Daydreaming  
Disorganisation

ADHD makes the future seem far away. We combat this by breaking up big projects or goals into manageable steps.

## Top Tips for staff and parents!

- Speak to the child with eye contact and keep him /her away from distractions (doors, windows, colourful displays, etc.)
- Avoid sudden changes (content, venue, etc.)
- Allow structured breaks and quiet fiddling
- Greet students at the door and be pro-active at change overs
- Increase font size on texts and highlight key information
- Use a lot of visual aids and include plenty of ICT opportunities
- Encourage Check-Lists to be ticked off
- Extract from texts rather than whole texts and break tasks down into smaller parts
- Praise often, specific and immediately
- Provide a visible agenda
- Be consistent and avoid idiomatic speech
- Keep instructions short and precise
- Keep choices to a minimum
- Avoid 'preaching' and interrogation tactics
- Challenge the child away from peers or other family members
- Arrange for a 'quiet place' and somebody who is available to talk in a crisis situation
- Be positive and a motivator

Michael Phelps's teachers repeatedly complained of his poor focus and self-discipline. He went on to win a record 18 Olympic gold medals

### Positive Aspects



full of energy  
sense of humour  
creative  
enthusiastic/passionate  
loyal  
forgiving  
willing to take risks  
inventive thinkers  
easily motivated

### Where can I seek help?

REACH School SENCO – Amanda Thomas  
Assistant SENCO – Alison Miller  
Birmingham City Council SEND Department –  
[www.birmingham.gov.uk/localoffer](http://www.birmingham.gov.uk/localoffer)  
[www.forwardthinkingbirmingham.org.uk](http://www.forwardthinkingbirmingham.org.uk)  
[www.birminghamcommunitynhs.uk](http://www.birminghamcommunitynhs.uk)  
[www.allsaintsyouthproject.org.uk](http://www.allsaintsyouthproject.org.uk)  
[www.ukadhd.com](http://www.ukadhd.com)

## Types of ADHD

**Predominantly inattentive** - As the name suggests, people with this type of ADHD have extreme difficulty focusing, finishing tasks, and following instructions. Experts also think that many children with the inattentive type of ADHD may not receive a proper diagnosis because they don't tend to disrupt the classroom. This type is most common among girls with ADHD.

### Predominantly hyperactive-impulsive type

People with this type of ADHD show primarily hyperactive and impulsive behaviour. This can include fidgeting, interrupting people while they're talking, and not being able to wait their turn.

Although inattention is less of a concern with this type of ADHD, people with predominantly hyperactive-impulsive ADHD may still find it difficult to focus on tasks.

### Combined hyperactive-impulsive and inattentive type

This is the most common type of ADHD. People with this combined type of ADHD display both inattentive and hyperactive symptoms.

These include an inability to pay attention, a tendency toward impulsiveness, and above-normal levels of activity and energy.

The type of ADHD you or your child has will determine how it's treated. The type you have can change over time, so your treatment may change, too.