

# ADHD – a brief guide for teachers of \_\_\_\_\_

**Attention Deficit Hyperactivity Disorder** is a neurodevelopmental condition with three core features:

- **Inattention** – people with ADHD often struggle with short term memory, focusing on what's important, keeping things in mind (working memory), getting and staying organised
- **Impulsiveness** – people with ADHD may act without thinking through the consequences, interrupt others and sometimes seek out risky behaviour
- **Hyperactivity** – people with ADHD may find it hard to sit still and want to move about. They may fidget and sometimes break things.

[Kids with 'inattentive type' ADHD (sometimes called ADD) may not be hyperactive. This may be more often the case with girls than boys.]

It is estimated that **2 – 5 %** of school age children have ADHD, although only **around 1%** of school age children in Scotland have a diagnosis.

## What helps with ADHD at school?

- Positive expectations, praise and encouragement
- Regular movement breaks
- Breaking tasks up into bite-sized chunks and using visual prompts to help kids stay on task; monitoring progress regularly
- Using deliberate eye contact when providing instructions; writing them directly into planners
- Allowing tactile or fiddle toys (e.g. tangle toy, stress ball) or wobble cushion to aid concentration
- Sitting the child near you, near the whiteboard, away from windows and distractions
- Counting down to transitions (in 10, in 5, etc.)
- Using a timer or analogue clock to help kids keep track of time left
- Allowing laptop for written work if writing is a problem (with touch typing training)
- Checking out with the child and their parents / carers what helps them to focus
- ADHD medication (if prescribed) – though only when the medication is active in the body

## Other conditions which often go with ADHD

- Sensory issues
- Dyslexia and dyspraxia
- Autistic spectrum disorder
- Tic disorders

.... All of which can lead to mental health difficulties if not well managed.

## Common strengths which come with ADHD

- Thinking outside the box
- Energy and optimism
- Being willing to take risks
- Strong sense of fairness
- Ability to motivate others
- Humour

For a more comprehensive, free, downloadable booklet for teachers about ADHD, with links to additional resources, visit <https://bit.ly/3agy9Wh>

This guide was produced by ADHD Parent Support West Glasgow. We offer **teacher training sessions** – lunchtime, twilight, Zoom – in and around Glasgow. For more information contact us at [www.adhdglasgow.org](http://www.adhdglasgow.org)



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