

SEN at Sandon: All you need to know about ADHD



WHAT IS ADHD?

Attention deficit hyperactivity disorder (ADHD) is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness.

[ADHD](#) affects children and [teens](#) and can continue into adulthood. [ADHD](#) is the most commonly diagnosed mental disorder of children.

ADHD is the UK's most common behavioural disorder affecting 2-5% of school [children](#) and young people.

There is no single test for ADHD and the exact cause of the condition is not known. A specialist doctor can [diagnose ADHD](#) with the help of standard guidelines. The diagnosis of ADHD involves the gathering of information from several sources, including school, [carers](#) and parents.

The exact cause of ADHD is unknown, some people think it could be linked to genetics and run in families other factors that have been suggested that may cause ADHD are:

- Being born prematurely
- Having a low birth rate
- Smoking, alcohol or drug use during pregnancy

GETTING HELP

Many children go through phases where they're restless or inattentive. This is often completely normal and doesn't necessarily mean they have ADHD. However, you should consider raising your concerns with your child's teacher, their school's special educational needs co-ordinator (SENCO) or GP if you think their behaviour may be different to most children their age.

Symptoms to look out for (these are grouped into three categories):

Inattention. A [child with ADHD](#):

- Is easily distracted
- Doesn't follow directions or finish tasks
- Doesn't appear to be listening
- Doesn't pay attention and makes careless mistakes
- Forgets about daily activities
- Has problems organising daily tasks
- Doesn't like to do things that require sitting still
- Often loses things
- Tends to daydream

Hyperactivity. A [child with ADHD](#):

- Often squirms, fidgets, or bounces when sitting
- Doesn't stay seated
- Has trouble playing quietly
- Is always moving, such as running or climbing on things
- Talks excessively
- Is always "on the go" as if "driven by a motor"

HOW CAN MY CHILD BE HELPED IN SCHOOL?

A child with ADHD often has difficulty concentrating and needs set rules and routines to follow. The things below

will help children with ADHD in the classroom

- Ensure that a good classroom routine is kept so that children know what is happening.
- Display the class rules in the classroom so they know what is expected from them.
- Have a visual timetable on display so that they know what is happening that day.
- Ensure that the child is sitting at the front of the class with their back to other pupils to minimize distractions.
- Allow the child to use 'fiddle toys' to help concentration.
- Keep the child away from distractions such as the window colourful displays.
- Make instructions clear, short and keep eye contact when explaining them, ensuring that they understand what you have said.
- Break tasks into manageable pieces so that they feel like they are achieving.

Impulsivity. A child with ADHD:

- Has trouble waiting for his or her turn
- Blurts out answers
- Interrupts others

PARENT TIPS

1. Stay calm
2. Set limits on your own behaviour
3. Set structure—but make it pressure-free
4. Give your child the chance to make wise choices
5. Use reasonable consequences for rule-breaking
6. Expect rule-breaking, and don't take it personally
7. Advocate for your child when appropriate
8. Avoid muting a headstrong child
9. Realise that your child isn't misbehaving on purpose
10. Be persistent
11. Tackle on issue at a time
12. Educate yourself about ADHD and attention
13. Help your child adjust to change
14. Focus on you child's strengths
15. Don't be too hard on yourself
16. Celebrate being a parent and being with your child.

If you would like more information on any of the tips above please visit

<https://psychcentral.com/lib/parenting-kids-with-adhd-16-tips-to-tackle-common-challenges/>