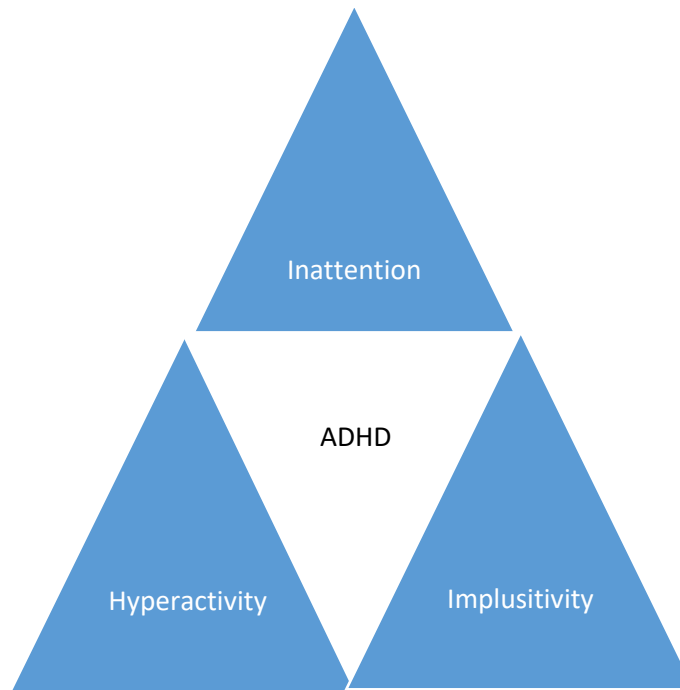


BEHAVIORAL PEDIATRICS resource center



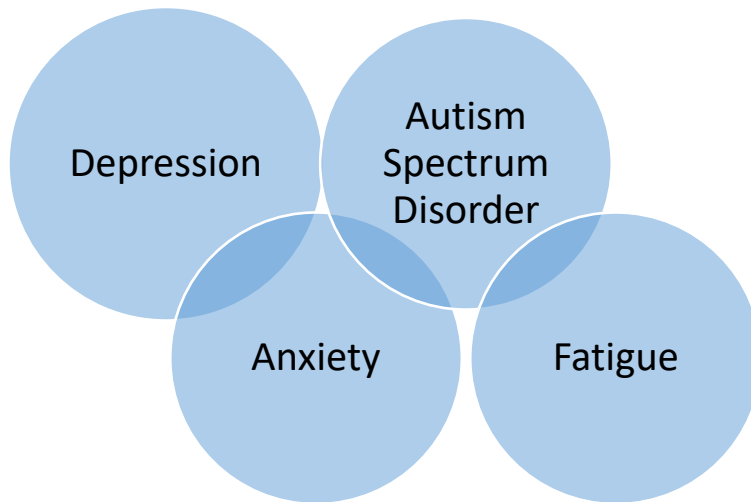
A Brief Overview of ADHD

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder. Although people with ADHD may have difficulties with learning and attention, ADHD is not a result of low intelligence, poor eyesight, or impaired hearing. According to the Centers for Disease Control and Prevention (2016), 6.1 million (9.4%) U.S. children ages 2 – 17 have been diagnosed with ADHD. Children with ADHD may face behavioral, emotional, and social challenges. They will not outgrow ADHD, but they can learn coping techniques. Some, but not all, children need medication until they master these. With additional support from parents, teachers and others, children with ADHD can succeed in life and school. (Understood Team, n.d.)

Common Signs of ADHD May Include:

- Daydreaming
- Squirming or fidgeting
- Making careless mistakes or taking unnecessary risks
- Losing and forgetting things
- Difficulty getting along with peers
- Trouble taking turns
- Talking excessively
- Difficulty resisting temptation (impulsiveness)

Other Conditions That May Imitate ADHD



Classroom Strategies

- Avoid taking away recess or exercise time as punishment. Consider allowing your student with ADHD to run laps or jump in place as an alternative punishment.
- Utilize visual schedules within the classroom to help your student with ADHD stay on task.
- Consider assisting with time management by using an alarm or other prompt. Visual timers may be helpful with a child who struggles with transitions.
- Plan breaks for your students with ADHD to stand or squat during testing or classwork.
- Consider utilizing sensory tools such as an exercise band looped around chair legs to allow fidgety kids to kick and quietly release their energy.
- Instructional support is often needed within the classroom setting. Students with ADHD learn better with small groups, hands-on demonstrations and shorter assignments/tests. Ask us for a 504-plan recommendation if you think it may benefit your student.
- Limit long verbal instructions and consider providing visual cues and written instructions, when possible. A picture schedule may work well.
- Limit distractions by offering noise-reducing headphones or other tools during tests and quiet assignments.
- For children on medication, ensure that difficult tasks are scheduled while medication is working best.
- Use positive rewards for positive behaviors.
- Consider consulting the behavior analyst employed by your school system.

Students with ADHD may:

- Act without thinking about the consequences
- Have trouble paying attention to details
- Experience difficulties finishing tasks
- Become overly active
- Feel constantly restless
- Find sitting still difficult (ex: for a meal or schoolwork/homework)
- Have difficulties controlling impulsive behaviors
- Speak at inappropriate times and interrupt others
- Be your most rewarding students as you see their amazing progress

Free Resources on ADHD

- Information Website: <https://www.understood.org/en>
- Tips for Teachers Video Series on ADHD: <http://www.help4adhd.org/Understanding-ADHD/For-Professionals/For-Teachers/Tips-for-Teachers-Video-Series.aspx>
- Classroom Behavioral Supports: <http://www.pbis.org/common/cms/files/pbisresources/Supporting%20and%20Responding%20to%20Behavior.pdf>
- ADHD 504 Plan Example: <https://www.understood.org/en/school-learning/special-services/504-plan/sample-504-plan>

References

Centers for Disease Control and Prevention. (2017, May 31). *Attention-Deficit/Hyperactivity Disorder (ADHD)*. Retrieved July 24, 2018, from Centers for Disease Control and Prevention: <https://www.cdc.gov/ncbddd/adhd/facts.html>

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Understood Team. (n.d.). *Learning and Attention Issues Fast Facts*. (P. Nelson J. Dorta, Editor) Retrieved July 24, 2018, from Understood.org: <https://www.understood.org/en/learning-attention-issues/getting-started/what-you-need-to-know/learning-and-attention-issues-fast-facts>

Your student _____, has Attention-Deficit/Hyperactivity Disorder. The information below has been provided by the student's family. Please share this information with this student's other teachers including PE, art and music, and bus driver.

Compensating Strategies: _____

Strategies to improve focus: _____

Ways to Reduce Hyperactivity: _____

Common Impulsive Behaviors: _____

Tasks/Activities That May Be Difficult for the Student to Manage: _____

Difficulties in Peer Relationships Often Start With: _____

Problems that May Worsen ADHD Symptoms: _____

General Tips: _____

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Don't Give this Page to Your Child's Teacher

ADHD Parent Instructions

Fill out the form to help your child's teacher better understand your child's Attention Deficit Hyperactivity Disorder. It is important that you give all 4 pages (the ADHD information sheets and the form) to your child's teacher on the first day of school.

Examples are provided below to make the form easier to complete. Please call or send a portal message if you have questions.

Compensating Strategies: Breaking tasks down, helping or tutoring a peer, shorter assignments test, frequent breaks, hands-on demonstrations, typing instead of writing, one-on-one teaching, visual presentation of verbal material.

Strategies to improve focus: Providing a quiet test environment, stress ball, noise reduction headphones, sitting near the teacher, taking test in a different setting, using an alarm to help with time management, small group testing.

Ways to Reduce Hyperactivity: Have student stand during lectures, use exercise band on the desk legs to help release energy, use a stress ball, asking student to run errands, running laps or jump in place.

Common Impulsive Behaviors: Touching things, interrupting, squirming, fidgeting, daydreaming, failing to recognize boundaries, not raising hand, talking excessively, not reading instructions.

Tasks/Activities That May Be Difficult for the Student to Manage: PE, unstructured activities, walking in line, sudden transitions, substitute teachers, prolonged sitting.

Difficulties in Peer Relationships Often Start With: Interrupting, bossiness, intruding on the personal space or conversations of others.

Problems that May Worsen ADHD Symptoms: Autism Spectrum Disorder (ASD), Anxiety, Depression, not being challenged.

Special Talents Include: Computers, typing, math, reading, art, music, sports.

General Tips: Examples of things your child likes & dislikes, examples of ways your child copes with different situations, anything that calms your child, inform your teacher if behavioral reward systems are in place at home, anything else you want to tell the teacher