

# ADHD

**Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.**

## Research and helpful website

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd>

<https://www.adhdfoundation.org.uk/information/parents/>

<http://www.adders.org/resources.htm>

Guidelines-recognising, diagnosing and managing Attention Deficit Hyperactivity Disorder in children and young adults

<https://www.nice.org.uk/guidance/NG87>



## Strategies to support your child

- Routines and structure can help support your child. You could create a quiet space for them to learn with no distractions, use positive praise, clear boundaries and set up a reward system. The 5-point plan as discussed above can support with any frustrations that your child may have throughout the day
- Sensory toys / equipment is useful to support concentration- use as needed and let you child have plenty of have natural breaks between working
- Ask them to do one task at a time and chunk it down into small achievable steps
- Provide checklists or visual timetables to support organisation (as described above)
- Mind mapping is very important in helping children break down their work and sequence their writing : <https://kidengage.com/blog/2019/02/mind-mapping-for-children-how-to-teach-children-to-use-mind-maps/>

## Games and activities for Children

<http://www.adders.org/resources.htm>



## What to do if I am worried about my child

Speak to your child's class teacher either in person, email or telephone.

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