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One of the difficulties that we know parents are often concerned about is ADHD (Attention Deficit Hyperactivity Disorder).

- **What is it?**

"ADHD is defined by the 'core' signs of inattention, hyperactivity and impulsiveness."

(quote from ADHD Foundation website – parent booklet)

"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."

(quote from NHS website)

- **How is it identified?**

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

(quote from NHS website)

ADHD is a condition which is formally diagnosed by a health professional, usually a Paediatrician. This process involves a referral to a Paediatrician (from your GP or from school), clinic appointments, and information is requested from both home and school. The Paediatrician will consider all this information before any diagnosis is made.

- **What support might be put in place in school?**

Whether a child is showing traits of ADHD, or whether this has been formally diagnosed, the same support strategies may be helpful, such as

- Using visual timetables or checklists to help with organisation
- Careful seating within a classroom to minimise distractions
- Repeating instructions and checking for understanding of tasks
- Breaking down tasks into small chunks
- Using a timer to enable focus for short bursts
- Allowing movement breaks between tasks
- Allowing use of items which allow some movement while sat at a table or on the carpet (such as fiddle tools, doodle pads, wobble cushions, chair bands)
- Allowing use of items to minimise distractions (such as ear defenders)

- **How can I help at home?**

- It is always worth making sure that your child's eyes and hearing are tested regularly, to rule out any other difficulties.
- We all have different learning styles, so try to use a range of active or practical games and activities.
- When working with your child at home, try to find a quiet time and space, and minimise distractions and noise.
- Keep the session time-limited, perhaps using a timer to encourage focus.
- Develop independence and organisation by encouraging your child to carry out tasks, perhaps with a visual checklist – such as packing their own bag, morning routine before school, evening routine before bed.
- Build your child's self-esteem by also focussing on their strengths and encouraging their talents. People with ADHD have a wide range of skills, including empathy, intuition, imagination, creativity, problem solving, determination.

- **Where can I find more information?**

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

ADHD Foundation ... <https://www.adhdfoundation.org.uk/>

ADHD Foundation – parent booklet ... <https://www.adhdfoundation.org.uk/wp-content/uploads/2022/03/ADHD-A-Guide-for-Parents.pdf>

Video clip : "Let's talk about ADHD" ... <https://www.youtube.com/watch?v=YeamHE6Kank>