

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)



PART 3

Support strategies for Attention Deficit Hyperactivity Disorder (ADHD)

1

Keep instructions short and precise and maybe ask them to repeat them back to you.

2

Avoid distracting stimuli when they're trying to concentrate, i.e., avoid being near windows, high traffic areas, computers.

3

Help them to feel comfortable with seeking assistance (most people with ADHD won't ask).

4

Keep waiting time to a minimum.

5

Try and get eye contact if you can but also know, some children and young people with ADHD listen more actively when fiddling with something and not looking at you.

6

Monitor their mood at all times: children and young people with ADHD become easily frustrated.

7

Make rules and rituals clear and precise, e.g., no food in the bedroom.

8

Support and do not criticise or penalise organisational weaknesses.

9

Allow movement breaks, time to stretch, walk around and use up excess energy. Pace time so sitting is divided up into chunks.

10

Tell them what they can be doing as opposed to what they should be doing.

