



## Strategies for managing ADHD at school

"Many of the symptoms classified as ADHD symptoms of inattention are actually symptoms of executive function impairments. Executive function refers to a wide range of central control processes in the brain that activate, integrate, and manage other brain functions."

[www.chadd.org](http://www.chadd.org)

- **Manage impulsivity** by having clear procedures for all pupils, and giving the child with ADHD achievable targets to manage, for example, reducing shouting out answers etc. in class. Encourage pupils to use whiteboards and/or post-it notes to record what they would have called out, so they don't forget.
- **Allowable movement** is very helpful in managing hyperactivity. Find ways for your ADHD pupil to move around legitimately – for example giving out / collecting books, or picking something up from another teacher. Five minutes spent on an errand could mean an extra twenty minutes of concentration when they return.
- **Medication:** When a pupil is taking medication to help reduce the impact of ADHD, it will work best when taken at the times recommended by the specialist who prescribed it. Never make a comment about medication in front of other pupils.
- **Support organisation** by allowing sufficient time at the end of the lesson to record homework, pack away books, etc. If possible have homework printed on sheets for all pupils, or (even better) use email to send work home.

It may be helpful for the pupil to have a copy of the textbook at home and one at school to prevent losses in transit.

Minimise unnecessary copying from the board, and avoid talking while pupils are copying.

Pupils with ADHD often have difficulty screening out distractions, so seat the pupil in direct vision of the teaching activity, with minimum distractions in his / her line of sight. It's helpful if the pupil understands this is to help them and they are not at the front because you think they are naughty!

- **Discuss** these and any other strategies with the young person (where appropriate), to encourage them to work with you as an ally. Discussion of strategies with the young person will also encourage their own management of the characteristics of ADHD.