

## Supporting Children with ADHD

<b>Information and Websites</b>	<p><a href="https://www.adhdfoundation.org.uk/information/parents/">https://www.adhdfoundation.org.uk/information/parents/</a>          General Info on ADHD - <a href="http://www.adders.org/info170.htm">http://www.adders.org/info170.htm</a>          Self-esteem - <a href="http://www.adders.org/info79.htm">http://www.adders.org/info79.htm</a>          Managing ADHD - <a href="http://www.adders.org/info58.htm">http://www.adders.org/info58.htm</a>  <a href="https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-adhd/">https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-adhd/</a></p>
<b>Resources/ideas</b>	<p><a href="https://www.thebodycoach.com/">https://www.thebodycoach.com/</a> - Joe Wicks is doing regular workouts on his website and through his YouTube channel</p> <p>Play games on consoles such as just dance, Wii Sports etc. to get your kids moving</p> <p>Dance sessions from DDMIX  <a href="https://diversedancemix.com/">https://diversedancemix.com/</a></p> <p>GoNoodle - videos designed to get kids moving  <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></p> <p>Strategies for supporting ADHD  <a href="https://www.beaconschoolsupport.co.uk/newsletters/adhd_strategies">https://www.beaconschoolsupport.co.uk/newsletters/adhd_strategies</a></p> <p>Fiddle objects can support listening and focus. Try bluetac, marble, string or two pieces of Lego. Now and Then/Now and Next board to fill in during the day to support structure and expectations</p>
<b>Tips</b>	<p><b>Offer routines and structure</b></p> <ul style="list-style-type: none"> <li>- Create a quiet space for them to learn with no distractions</li> <li>- <b>Give them something to fiddle with whilst you are talking to them or you want them to focus. It can also be helpful to let them move around whilst they listen</b></li> <li>- Ask them to do one task at a time</li> <li>- <b>Provide checklists or visual timetables to support organisation</b></li> <li>- Use timers to help with time management and build in frequent movement breaks</li> <li>- <b>Suggest rather than criticise (children with ADHD often have low self-esteem)</b></li> <li>- Provide lots of opportunities for exercise and movement</li> <li>- <b>Set up a reward scheme to encourage them and support them with their behaviour.</b></li> <li>- Build on success and help children to pursue more of what they enjoy</li> <li>- <b>Put clear boundaries in place</b></li> <li>- Be patient, some children will require extra time to process information and requests</li> <li>- Use a Now and Then board to structure parts of the day and give clarity to the children on what's expected now and what happens after</li> <li>- Plan together. Planning the structure and learning for the following day together ensures children can prepare themselves for what's expected of them</li> </ul>

