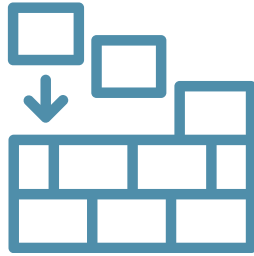


# helping kids with **ADHD**



Attention Deficit/Hyperactivity Disorder

One of the most common mental health issues impacting youth

Three "symptoms"

- Inattention
- Hyperactivity
- Impulsivity

Diagnosis must be done by a professional. Just because a child may be high energy does not automatically mean they have ADHD

## **Inattentive**

Difficulty staying on task, focusing and being organized

Doesn't play close attention to details

Does not follow through or finish tasks, assignments

Does not seem to listen

Avoids tasks that require focus

Is easily distracted

Maintain eye contact when speaking to them

Keep a consistent schedule and have the agenda posted if possible

Redirect his or her focus when they get off task

Include breaks and snacks

Provide fidgets that aren't a distraction to others

Make a game out of the activity



## **Hyperactive**

Difficulty staying still

Fidgets with hands, feet or objects around them

Climbs, jumps when not appropriate

Always on the go

Acts as if he or she is "driven by a motor"

Allow for different sensory seating so the child can remain active while sitting (wobble stools, pool noodles or rubber bands on desk/table legs)

Provide them with fidgets that will not distract the other members of the class/group

Let them chew gum when appropriate

Give breaks and let him or her move around



## **Impulsivity**

Talks a lot

Interrupts others

Blurts out answers without being asked/called on

Has difficulty waiting in line or waiting his or her turn

Acts without thinking - this can put children in danger!

Help by identifying the behavior in a safe way, the child/youth might not know what they are doing or that it is not appropriate

Let them have a "do over", go through the situation again but this time have them act out the expected behavior

If a child or youth has done something dangerous, let them know what could have happened and then ask them to practice doing a "safety check" before they act next time.

