



What is attachment ADHD?

Attention deficit hyperactivity disorder (ADHD) is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness.

A person with ADHD may:

- Have a short attention span and be easily distracted
- Make careless mistakes
- Appear to be forgetful or lose things
- Be unable to stick to tasks which are time consuming
- Appear to be unable to listen or follow instructions
- Constantly change activity or task
- Have difficulty organising tasks
- Be unable to sit still even in calm environments
- Lack fine motor skills- poor handwriting
- Constantly fidgeting
- Be unable to concentrate during tasks
- Talk excessively
- Be unable to wait their turn
- Act without thinking
- Interrupt conversations
- Have little or no sense of danger
- Start tasks without finishing old ones
- Poor organisation
- Get out of seat

Top Tips

- ✓ Make eye contact when giving instructions
- ✓ Use hand gestures to remind students of expectations where possible- agree cues
- ✓ Speak to students 1:1/ discreetly if they are not doing what you expect
- ✓ Ensure student has written homework down. Encourage to start that day
- ✓ Check in on student regularly, especially through extended tasks/ projects
- ✓ Ensure students have a clear role when working in groups
- ✓ Build a positive relationship with parents- Inform of positives
- ✓ Reinforce positive behaviours
- ✓ Question regularly to keep engaged
- ✓ Allow to use a fiddle toy, blue tac or play doh
- ✓ Sit away from windows or large distractions
- ✓ Communicate importance of accuracy over speed
- ✓ Make requirements of activity clear
- ✓ Combine seeing, saying, writing and doing
- ✓ Give each step of task as individual instruction
- ✓ Give opportunity to move- eg, giving out resources

Useful Websites:

<http://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder/Pages/Introduction.aspx>