



Mental Health Bulletin May 2023

ADHD (Attention Deficit Hyperactivity Disorder)

ADHD is a neurodevelopmental condition that affects the behaviour of children and includes symptoms of inattentiveness, impulsivity and hyperactivity.

It's important to understand that many young people can struggle with concentration, can be impulsive and can have high levels of activity. All of these factors can often be related to their age or developmental stage. It doesn't always mean that your child has ADHD.

However, if a child does have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) it means that they will struggle with paying attention, will have high levels of energy and will react quickly to things. This will inevitably become a barrier to everyday life such as school, hobbies and making friends. How much it affects someone individually can vary from person to person.

Here are some common signs and symptoms that you might see in a child with ADHD;

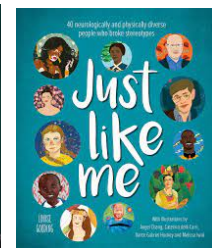
- Starts tasks but does not finish them.
- Appears to not listen or focus even in conversation or when spoken to directly.
- Makes simple mistakes when working and playing.
- Loses interest in activities quickly and is easily distracted.
- Poor organisation and planning skills
- Has difficulty getting to or staying asleep.
- Has difficulties with waiting or turn taking.
- Interrupts others in conversation.
- Excessive talking
- Appearing fearless or unaware of risks, safety and consequences.

Here are some ways in which you can support a young person who may be showing traits or already has a diagnosis of ADHD;

- Remember it is not their fault and they are not deliberately being disobedient or naughty.
- Keep a regular routine, plan your day and be organised.
- Break the day down into steps and focus on one task at a time.
- Use a picture based /visual timetable to help younger children remember what they have to do.

- Set clear behaviour boundaries and expectations.
- Use positive rewards to encourage the behaviour you want more of.
- Use appropriate consequences that you can follow through consistently for any unwanted behaviour.
- Be clear and exact when you give instructions. For example instead of 'Can you tidy up?' ask 'Can you put your toys in the toy box?'
- Keep activities short and alternate enjoyable activities with more difficult or boring tasks.
- Encourage hobbies and interests that they enjoy and are good at to build up self esteem.
- Ensure a consistent bedtime routine which is calming and not over stimulating. For example, avoid tablets, TV or phones before bedtime.

Here are some books that you might find helpful.



Visit <https://hampshirecamhs.nhs.uk/> to find out more information on how you can support a child with ADHD.

Although there is no cure for ADHD, the difficulties experienced, such as high energy levels, difficulties concentrating and reacting quickly, can be helped and managed in many ways including receiving extra support in school, learning techniques and strategies to help you cope

Please come into school and speak to Mrs Allen (Mental Health lead) or Miss Newman (Federation SENDCO) if you have concerns about your child.