

# ADHD ADJUSTMENTS & STRATEGIES FOR YOUR CHILD



## EASILY DISTRACTED

- Access to a peer notes to revise later
- Seating arrangements that work best
- Brain breaks
- Allow extra time to complete tasks
- Pair written instructions with a verbal explanation
- Use visual aids often
- Provide more hands-on, interactive activities that keep them engaged

## DISORGANISATION

- Colour coordinated schedule
- Have a schedule set out in advance
- Remind student to write it diary
- Break tasks down into steps to aid understanding
- Pair written instructions with a verbal explanation.
- Use timers and schedules
- Scheduled check ins

## CAN'T SIT STILL

- Use of fidgets
- Movement breaks
- Integrate movement into lessons where possible, such as standing to answer questions or walking while reading
- Outdoor time if possible to reset.
- Brain breaks
- Provide more hands-on, interactive activities that keep them engaged

## CALLING OUT

- Write questions on a post-it note, and the teacher can respond later
- Incorporate regular opportunities for the child to participate.
- Positively reinforce good behaviour
- Ignore minor infractions
- Provide a reminder signal to stop the behaviour such as a light tap on the table.

## POOR BEHAVIOUR

- Ignore minor infractions
- Reward good behaviour, and use positive praise and reinforcement
- Provide consequences for bad behaviour
- Send progress reports home
- Have self-regulation strategies set for the student to use that they choose.
- If the student is acting out due to lack of challenge or too much challenge, adjust the difficulty level of tasks.

## NOISE SENSITIVITY

- Access to a quiet space
- Access to noise-cancelling headphones
- Ability to use music to aid learning if proven to enhance their focus
- Ability to reset by taking a break in an outdoor context
- A movement break to help reset

