

General Tips

- Simple interventions are usually best, do not modify a child's curriculum more than what is necessary.
- Seek student input and approval. Provide the student with options so that they are comfortable with whatever strategies are put in place.
- Focus on the most common problem areas such as math, memory, spelling, punctuation and handwriting.
- Be sure to create a connection with the student, they will be more engaged with a teacher who they like and trust. Motivate them to learn using different learning strategies and hands on learning.

Classroom Management

Establish a classroom environment that is:

- Structured and well organized.
- Calm and predictable.
- Has clear rules.
- Welcoming and inclusive.



Engagement is the key to success when educating children with ADHD.

Classroom Expectations

Behavioural Expectations:

- Clearly state the behaviour you want.
- Define what the behaviours should 'look like.'
- Remind students of rules before starting.
- Reward students for behaving correctly.
- Reinforce good behaviour in a positive way.

Anxiety & Expectations:

It is important to reduce anxiety in students, therefore it is key to set expectations.

- What are they expected to learn?
- What materials are required, e.g., pencils, pens, calculator etc.
- What help is available if required, e.g., additional resources.

Conducting Lessons

Engagement is vital in the success of a task for a child with ADHD, therefore there are several suggestions aimed at ensuring they are as engaged as possible.

- Using audio visual materials to promote interactivity.
- Regularly check student performance - "How did you arrive at that answer?"
- Ongoing student evaluations – Keep an eye for a lack of comprehension such as daydreaming. If this is evident it may be an idea to provide extra explanation of what it is, they are struggling to comprehend.
- Encourage self-correcting such as double-checking math problems using calculators or peer assessment.
- Provide follow up directions if students begin to lose focus.
- Ensure the noise level low and if the noise level begins to rise be sure to support students on appropriate behaviour.

Transitioning between subjects

It is best to always prepare children with ADHD for what the plan for the day as change can be stressful for them, so it is important to transition between lessons effectively to keep their focus, some examples of how to do this include:

- Provide warning of transition in advance. For example, let the children know how much time has been allocated towards to activity and let them know when there are 10 minutes left then 5 minutes left etc.
- Review what they have learned in the previous lesson, Ask the child for a summary.

Organizational skills

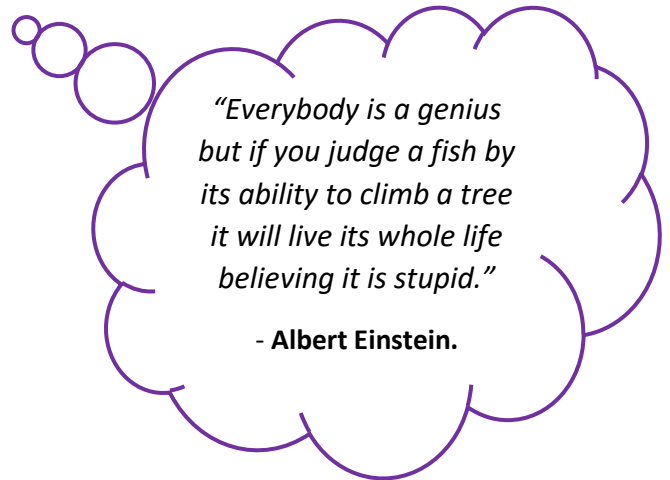
Lack of organization is a trait commonly held by those with ADHD. Some suggestions on ensuring a decent level of organization is achieved include:

- Providing them with an assignment notebook to record homework's.
- Colour coding differing subjects
- Have the child empty out their bags and organize it regularly in class.
- Teach the use of a calendar.
- Teach them how to break down assignments to short sections.

Engaging Children with Subjects

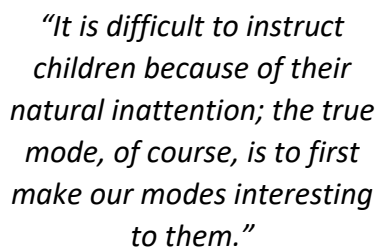
Engaging Ways to Teach Reading & Language

- Play acting
- Mnemonics and Word families
- Story boards- Have them illustrate stories they've been told.
- Online spelling/reading games
- Movement activities, Skip while spelling words.
- Partnered spelling activities- Have children quiz each other on spelling
- Storytelling- Have them retell what they have learned



Engaging Ways to Teach Maths

- Have the children partner up and make a quiz out of math problems, making it a challenge will make it more enjoyable and fun.
- Mnemonics and word games.
- Computer/ online games
- Teach them to recognize clue words such as sum, altogether etc.
- Teach them real life money skills
- Colour code symbols, e.g., subtraction signs are red, addition signs red.



"It is difficult to instruct children because of their natural inattention; the true mode, of course, is to first make our modes interesting to them."

- **John Locke.**

Study Skills

Teaching children with ADHD study skills is vastly important however more important than this is teaching them engaging ways to study. It is most important that young people know how to:

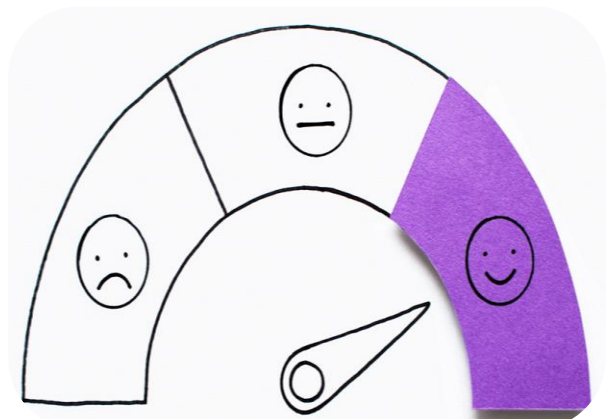
- Note take
- Create a checklist of frequent mistakes they have made or that is made generally, encourage them to use this when proofreading assignments.
- Have a checklist of homework supplies

Modifications of existing teaching techniques.

- Use more visual/multi-sensory teaching techniques e.g., Use of overhead projectors and demonstrations.
- Place key words of the subject around the room and point to them when discussing the subject.
- Quiz briefly after the lesson.
- Post important information near the pencil sharpener or door, somewhere where to student will stand for an extended amount of time.
- Use colour to highlight important information.
- Use informative posters in the classroom.
- Use peer tutors.
- Reduce amount of written work.
- Break assignments and long-term projects into segments.

De-escalating Problem Situations

- Acknowledge the student's feelings.
- Use active listening, encourage the student to talk about how they feel.
- Offer sympathy and understanding.
- Lower your voice and stay calm.
- Make statements matter-of-factly, be firm but fair.
- Re-direct interests- Give them alternatives to focus on, "Will you give me a hand doing ...".
- Get the students on their own to remove them from the situation.
- Prevent re-occurrence, learn from the incident and remove potential triggers.



Managing Behaviour

- Provide feedback immediately, making sure it is clear and concise.
- Use meaningful rewards or consequences, such as being able to skip a homework or drop a low grade they have previously obtained.
- Provide positive feedback before negative feedback, encourage the good behaviour as oppose to drawing attention to the negative behaviour.
- Be as consistent as possible in how you expect them to behave.
- Anticipate problem situations and transitions.



ADD NI Children's Charity

About Us

We support and empower YP and families to better cope with ADHD, enabling them to achieve their full potential and improve their mental well-being. We provide unique ADHD services, including:

- Specialist ADHD Parenting programme (PP)
- ADHD Young People's Programme (YPP)
- Post-Intervention Support
- Sibling Programme
- Individual Counselling
- Telephone Helpline
- Parent/Adult support meetings
- Tailored ADHD training

Requests for services can be made on our website www.addni.org/apply-for-services