

ATTENTION DEFICIT/ HYPERACTIVITY DISORDER (ADHD)

What It Is:

ADHD is a neurodevelopmental disorder that includes patterns of inattention, hyperactivity, and impulsivity. It can make focusing on tasks and regulating behavior challenging.

Impact:

Children with ADHD may struggle to stay organized, complete tasks, follow detailed instructions, and maintain attention. They might also be physically restless and act impulsively.

Support Strategies:

- Implement routine movement breaks to help the child release energy.
- Use visual organizers such as charts, calendars, or task lists to break down complex tasks.
- Provide clear, step-by-step instructions and encourage the use of timers to help with time management.
- Allow for flexible seating arrangements and offer fidget tools to support concentration.



**YOUR VILLAGE
TRAINING & SUPPORT**

yvtas.com.au

facebook.com/yourvillagetras

Instagram: @yourvillagetras