

ADHD

ADHD (Attention Deficit Hyperactivity Disorder) is a condition that affects attention, impulse control, and activity levels. Children with ADHD may find it harder to concentrate, sit still, or manage their emotions – but they often bring creativity, energy, and unique problem-solving skills.

Common characteristics of ADHD may include:

- 🧐 Difficulty concentrating or staying focused
- 🏃 High levels of energy, fidgeting, or restlessness
- 🗣️ Impulsivity – finding it hard to wait, interrupting, or blurting out answers
- 📅 Trouble with organisation, planning, or remembering things
- 😞 Emotional ups and downs or frustration when tasks feel challenging
- ✨ Strengths such as creativity, curiosity, and thinking outside the box

How we support in school:

- Breaking tasks into small, manageable steps 🧩
- Using visuals, checklists, and timetables 📅
- Giving movement breaks and chances to use up energy 🏃
- Providing clear routines and consistent expectations ✓
- Using positive reinforcement and praise 🌈
- Building on children's strengths and interests 🎨

How you can help at home:

- Keep daily routines consistent ⌚
- Use reminders, charts, or apps to support organisation 📱
- Give instructions one step at a time 🗣️
- Encourage physical activity and healthy outlets for energy 🏃
- Use calm, positive reinforcement and praise ❤️

- Support focus with short, regular breaks 🕒

Useful resources:

- <https://www.nhs.uk/conditions/adhd-children-teenagers/>
- https://www.kids.org.uk/guides/adhd/?gad_source=1&gad_campaignid=23528191324&gclid=CjwKCAjwhe3OBhABEiwA6392zOnSQUWQ1WvDK2ePjbuh5aSfL_1vzCTaqjxJYRNBA6iAyA_eFe360BoCTz0QAvD_BwE
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/>

We're here for you too:

If you think your child may have ADHD, or if they already have a diagnosis, please talk to their class teacher or SENDCo, Sarah Williams. Together, we can create the right support strategies so your child can thrive both in school and at home.