

How do you support a child with Attention Deficit and Hyperactivity Disorder (ADHD)?

In every class of 30 children it is likely that there will be between one and two pupils with ADD/ADHD.

It can affect concentration and impulsivity – more specific strategies for individuals can be found [here](#).

- Seat the student with ADHD away from windows and away from the door to avoid distractions
- Give instructions one at a time and repeat as necessary.
- If possible, work on the most difficult material early in the lesson/ day.
- Use visuals: charts, pictures, colour coding.
- Create outlines for note-taking that organise the information as you deliver it.
- Create a quiet area free of distractions for test-taking and quiet study.
- Create worksheets and tests with fewer items; give frequent short quizzes rather than long tests.
- Divide long-term projects into segments and assign a completion goal for each segment.
- Let the student do as much work as possible on computer
- Make sure the student has a system for writing down assignments and important dates /deadlines
- List the activities of the lesson on the board
- Establish eye contact
- Keep instructions simple and structured.
- Vary the pace of lesson and include different kinds of activities.
- Many do well with competitive games or other activities that are rapid and intense.
- Use props, charts, and other visual aids.
- Allow frequent breaks.
- Let the student use a fiddle toy or tap something that doesn't make noise as a physical outlet and to increase levels of concentration