

## ADHD

At Teresa's School, we support **all** children with their learning at **all** times. We recognise that children learn in different ways and need adaptations to access learning successfully. We are very good at doing this and are constantly improving our practice to meet the needs of the individual children.

### What is ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a **brain-based condition** that affects how a child pays attention, controls impulses and manages energy. It's a **common neurodevelopmental difference**, and with the right support children can thrive.



<https://youtu.be/1t9UHQgtDfU>

### Signs of ADHD in Primary-Age Children

Children with ADHD may:

- Struggle to pay attention for long periods
- Be easily distracted
- Have lots of energy or find it hard to sit still
- Act before thinking or interrupt others
- Struggle with organisation or remembering instructions

For a child with ADHD, these behaviours are **more frequent and impactful** than typical childhood behaviour.

There are many other signs of ADHD.

### Does my child need a diagnosis of ADHD to receive support at school?

No, we support all children with their learning at all times.

We use Essex's Ordinarily Available: Inclusive Teaching Framework and Ordinarily Available: Targeted Support to support pupils' learning

### School provision

Here are some examples of the ways we support pupils with ADHD ( diagnosed or undiagnosed) at school:

- We break tasks into smaller steps so they feel manageable and clear
- We give clear, brief instructions
- We use visual aids like task planners, charts or pictures to support understanding
- We provide positive feedback and praise effort, not just correct answers
- We allow movement breaks and opportunities to stand or stretch during learning
- We minimise distractions by seating children where they can focus best
- We provide emotional and social support

- We provide resources to support attention – wobble cushions, resistant bands, wobble board, ear defenders etc
- We make sure pupils understand instructions and what is expected before beginning a task
- We help pupils to feel comfortable with seeking assistance
- We encourage pupil independence, becoming less reliant on the teacher
- We explore breathing techniques and self-regulation activities
- We use technology

Many of these strategies benefit all pupils, not just those with ADHD.

### **Top Tips for parents to support children with ADHD:**

- Create predictable routines  
*Children with ADHD feel safer and behave better when they know what's coming*
- Break tasks into small steps  
*Large tasks can feel overwhelming*
- Use positive attention more than correction
- Support focus (without expecting stillness)  
*Needing to move is part of ADHD*
- Manage emotions first, behaviour second  
Name feelings: "I can see you're frustrated"
- Calm first (breathing, space, comfort), then problem-solve
- Use consistent, calm boundaries
- Keep rules few, clear, and predictable
- Support sleep and energy levels, establish a consistent bedtime routine  
*Poor sleep can ADHD symptoms worse*
- Limit screens at least one hour before bed
- Plenty of daytime physical activity
- Parenting a child with ADHD can be exhausting - Look after yourself too  
Lower expectations on hard days  
Seek support groups or parent training  
*Remember: ADHD is not bad parenting*

### **Working in Partnership with Families**

We believe that children do best when school and home work together. We encourage open communication with parents and carers to share strategies, celebrate successes and support consistency. If you have concerns about your child's attention, behaviour or learning, please speak to your child's class teacher or our SENCO (Special Educational Needs Coordinator).

### **Further Support:**

You can find further information and support, including information about requesting a referral to assess for ADHD, on the websites below.

<https://www.nhs.uk/conditions/adhd-children-teenagers/>

<https://adhduk.co.uk/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/>

For guidance on how to request an ADHD assessment/complete a referral to the community paediatricians please follow the link below.

<https://www.esneft.nhs.uk/service/childrens-services-community-paediatrics/community-child-health-referrals-for-neurodevelopment/>