

LEWISHAM PARENT PARTNERSHIP SERVICE

ATTENTION DEFICIT HYPERACTIVITY DISORDER

What is ADHD?

All children are different – this also applies to children with **Attention Deficit Hyperactivity Disorder**. They usually show some or all of the following behaviours in more than one context.

- ❖ **Poor Attention:** - The child is easily distracted from tasks, having difficulty following or remembering instructions.
- ❖ **Restlessness:** - He/she has a short fuse, doing things without thinking.
- ❖ **Intrusiveness:** - He/she is hard to satisfy, tending to go on and on.
- ❖ **Difficulty in making relationships:** - He/she is out of tune with others, acting silly or out of control.
- ❖ **Disorganisation:** - He/she struggles to plan and see through tasks at home and school.
- ❖ **Specific Learning Difficulties:** - He/she may also have problems with reading, writing, language and mathematics.
- ❖ **Behaviour problems:** - Aggressiveness, tantrums, depression or anxiety.

Will a child always have ADHD?

Sometimes the symptoms can diminish. Children and young people who continue to live with ADHD can learn to manage their symptoms, with the right support and management from parents and school.

Fish oils and prescribed medication from a doctor

Fish oils may benefit children with attention difficulties. However, prescribed medication is for children with a diagnosis and should be closely monitored by a paediatrician.

How can school help?

The school can:

- Give your child routine and structure. Establish routines for entering and leaving the room, starting work etc.
- Give your child a calm, sympathetic and accepting environment.
- Adapt a whole – school approach – all staff should be aware of ADHD and how to support children with it.
- Provide a differentiated curriculum for your child to use.

Lewisham Parent Partnership Service
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Website: www.lewishamparentpartnership.org.uk

- Minimise distractions – seat your child near the front of the class, away from windows and doors.
- Keep instructions simple and broken down into small steps.
- Monitor your child's attention span and set tasks to fit with this. They should gradually extend the attention span as your child succeeds.
- Give your child positive feedback on the completion of each task.
- Build up your child's strengths to help increase his/her self esteem.
- Help your child develop strategies to cope with challenging situations.
- Communicate regularly with you to discuss progress and setbacks.

Further advice and information:

The **National Attention Deficit Disorder Information and Support Service (ADDISS)** www.addiss.co.uk. It provides people friendly information and resources about ADHD to anyone who needs assistance. Call 020 8952 2800 or email – info@addiss.co.uk

Sue Warren runs a helpline for parents/carers as well as the young adults, covering South London telephone: 020 8769 1667

Family Lives: Helpline 0808 800 2222 www.parentlineplus.org.uk

Parent Support Group: One-to-one help and support for parents
Helpline 020 8469 0205 Website www.psg.org.uk

Parent Partnership Service: Independent information, advice and support for parents of children with Special Educational Needs.
Tel: 020 8695 5955
Email: lewishampps@pre-school.org.uk
Website: www.lewishamparentpartnership.org.uk