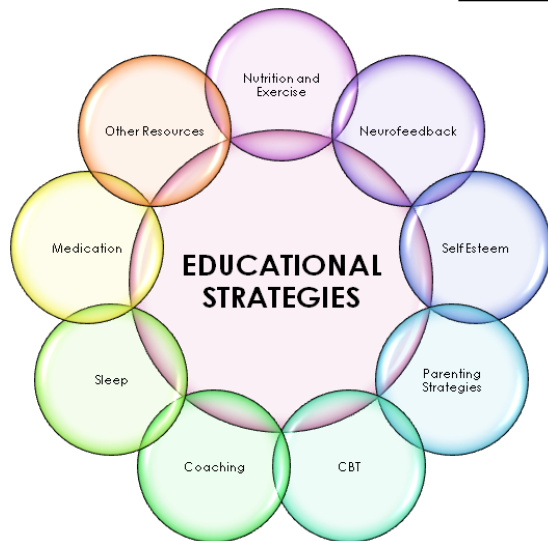


Educational Strategies



A child with ADHD is easily distracted, will do things without thinking and is always on the go. They may have disruptive behavior and they will also need extra help with learning.

Below are some guidelines to help a child with ADHD in the classroom. It is important that there is a good relationship between the teacher and parent of a child with ADHD. Let the parents know about any good changes in the child's behavior, as well as any bad changes. This could influence the strategies that the parents have in place for the child.

Tips For Inattentiveness And Distractibility

- Sit the child at the front of the class to limit distractions, next to a student who will act as a role model, if possible
- Provide the child with visual instructions
- Break tasks down into manageable chunks
- Give the child short-term goals
- Increase the immediacy of rewards and consequences
- Use an incentive program for appropriate behavior
- Ask the child questions to keep their attention

Tips For Overactive Behavior

- Provide the child with breaks to run errands or do specific tasks
- Provide short breaks between assignments
- Remind the child to check their work frequently as they rush to finish as quickly as possible
- Teach the child how to "slow down" with their work
- Use reward systems as much as possible
- Teach the child listening skills such as stopping work, putting down their pencil and looking at the teacher

Tips For Homework

- Use a home-school diary and keep parents informed on homework that needs to be completed
- Make sure the child hands in their homework and doesn't leave it in their bag
- If the child often loses pieces of paper, email it to the parents
- If a child needs to write their homework in their diary, check that they do so
- Ensure you give the child a due date for homework completion

Tips For Difficulties With Peers

Unstructured times, such as playtime, are usually the most difficult times for a child with ADHD and it is often when they will do something impulsive with friends.

- Get them a play-mate
- Have visual reminders on how to make friends
- Social skills programs
- Discuss with the child appropriate playtime behavior