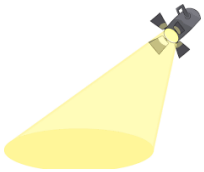
Spotlight on ....



Did you know
Males are almost three times more likely to be diagnosed with ADHD than females. The average age of ADHD diagnosis is 7 years old

Looking after a child with ADHD can be challenging, but it's important to remember that they cannot help their behaviour.

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects people's behaviour. People with ADHD can seem restless, they may have trouble concentrating or focusing, have difficulty staying organized, may be forgetful about completing tasks and may act on impulse .

Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child's circumstances change, such as when they start school. Most cases are diagnosed when children are 6 to 12 years old. The symptoms of ADHD usually improve with age, but many adults who were diagnosed with the condition at a young age continue to experience problems. People with ADHD may also have additional problems, such as sleep and anxiety disorders.

ADHD is **NOT**

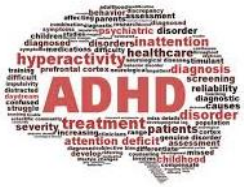
All about hyperactivity. Children with the inattention type of ADHD may appear "daydreamy" or off in their own world.

A problem with laziness. ADHD is caused by differences in brain anatomy and wiring.

Something most children totally outgrow. Many children diagnosed with ADHD have symptoms that persist in adulthood.

Although there's no cure for ADHD, it can be managed with **appropriate educational support**, advice and support for parents and affected children, alongside medicine, if necessary. For children with ADHD, getting through school can be problematic. They may get into trouble if their condition is not fully understood, and their symptoms prevent them being able to learn effectively. This can have long-term consequences, **so the earlier the condition is recognised the better.**

Supporting children in the school environment can be any of the following :-



Seating a child with ADHD in a place that has limited distractions, and in a quiet environment. Frequent movement breaks.

Providing stimulating activities to capture interest, Keeping instructions concise and clear. Breaking down tasks into a series of small steps

Providing frequent positive feedback.

If the child seems to be showing more behavioural difficulties than the others, ask the following questions:

Does the child have a shorter attention span than other children of the same developmental age? For instance, while a story is being read does the child leave before the end while the others stay and listen?

Is the child always restless, fidgety, on the go and out of their seat at mealtimes? Do the school give similar reports?

Is the child very impatient and unable to wait their turn in a queue or game?

Is the child very excitable and impulsive? Does the child suddenly do things such as darting into the road without thinking about whether it is safe?

If the answer to these questions is yes, and these are having an impact on the child's life consult the child's family doctor (GP), or your child's class teacher, who can refer them to a local specialist for further assessment.

Useful websites

https://www.adhdfoundation.org.uk/
https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/
https://www.gosh.nhs.uk/conditions-and-treatments/conditions-we-treat/attention-deficit-hyperactivity-disorder-adhd
http://www.addiss.co.uk/