

ADHD: A for Awesome!

Children with ADHD are often energetic, enthusiastic, creative, highly intuitive, sensitive and fun.

They also have a remarkable ability to hyper-focus on things that they love to do.

Harnessing this will enable them to focus on their strengths. This is more likely to lead them to become experts in their field.



Tips for supporting students with ADHD in your classroom

Here are some tips to help keep students with ADHD engaged in your classroom:

- Allow tasks to be broken down into parts.
- Desks in a quiet area to minimise distractions.
- Help organise by using visual, coloured cues.
- Diffuse emotion with a distracting task/errand.

Find out more



adhd.org.nz/adhd-in-schools

There are many benefits to having ADHD.

Head to adhd.org.nz to find out more about this and:

- tips and strategies for managing students with ADHD in your classroom
- what happens to the brain with ADHD
- details on the different types of ADHD, and
- where your student can get a diagnosis from and how you can get involved.

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A Teacher's Guide to Understanding ADHD



ADHD
New Zealand

Does this sound familiar?

There's a couple of children in your classroom who you find challenging to manage.

One is really quiet – she often looks like she's day-dreaming. You've caught her out a couple of times because she missed hearing the homework tasks. Because of this, she's actually started to fall behind.

The other is completely the opposite – from the minute he arrives, he's constantly on the move and talking to others. It's exhausting just watching him.

You've noticed them both at lunchtime, not paying attention when with their friends and missing social cues at times, either because they are too busy or daydreaming.

You want the best for them but you've got 30 other students in this class. How can you get help?

What should you do if you think one of your students has ADHD?

The first thing to do is to share your thoughts or concerns with the SENCO at your school and the student's parents. It's important you say what your concerns are, but at this stage not to propose a specific diagnosis (as it may confuse their parents should this not be the case when their child is later assessed).

If their parents ask what they need to do next, please encourage them to speak to their GP. Their GP will arrange a referral to the appropriate specialist – whether private, public or using insurance etc.

Successful management of ADHD is a team effort between home and school. Therefore, you'll need to maintain a close "working" relationship with their parents.

What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. It affects 2 to 5 per cent of all children.

If your student does have ADHD this means they have to work much harder to control and filter attention, behaviours, emotions that come naturally to others of the same age. This is the nature of the "disordered" part. It commonly results in significant fatigue and an even more profound loss of control by the end of the school day.

Characteristics of ADHD

There are three ADHD subtypes:

- ADHD predominantly Inattentive type
- ADHD predominantly Hyperactive and Impulsive type, or
- ADHD predominantly Combined type.

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