

Laura Kiln PgDip (CBT) - Child & Adolescence, BSc Hons, RN, RM, RHV, NP, MHN

Laura is recognized internationally as an expert in the field of Parenting. She has 20 years of experience in working with children, adolescents and their families. This includes working at the Institute of Psychiatry in London and also the National Specialist Centre for Child and Adolescent Mental Health. Having four children herself, Laura understands the demands and dramas of raising a family!



TIPS FOR PUPILS WITH ADHD

1. Start the lesson with an overview of what is expected. Creating a framework allows the child to know what to expect next.
2. Provide an outline of work rather than giving a blank piece of paper
3. Use a routine to start a new activity. Do something to catch their attention- ring a bell, shake a macaroon, clap your hands. Once again it will get his attention.
4. Give the ADHD pupil computer time. Computers are brilliant as they provide immediate feedback and use a multi-sensory approach and stops boredom.
5. Children with ADHD have a tendency to use more space on their paper due to their large untidy writing. Give them pages with $\frac{1}{2}$ more space around the word.
6. One to one or small group work is ideal. Make sure you have regular eye to eye contact- in case the pupil is daydreaming.
7. Directions need to be one at a time, short and to the point-don't use too many words!
8. Lessons that require 'hands on' are better learning tools for the pupil.
9. **Fidget toys!** Children with ADHD are constantly fidgeting. A box of small things to fidget with is an ideal way to occupy busy hands. Squishy balls- stress balls, interesting textured objects, putty or blue-tack which is great for playing with.
10. Make sure the kids are able to have wriggle time! Get them up and out of their seats, shake hands and feet, turn around a few times and sit down again.
11. During difficult lesson get them up to run around the oval once.
12. Handwriting is a constant source of worry for children with ADHD and lowers their self esteem. If it is the content of the work that is being judged, try asking someone (teacher's aide or parent helper) to write it for him/her. Try letting the child use the computer, the keyboard allows them to see their thoughts clearly and encourages them to continue with their piece of work.
13. Direct children with ADHD to do small achievable tasks, this is vital for self esteem issues. Remember that positive outcomes on small tasks build positive thoughts about themselves.

Everyone needs a little help sometimes ...

The Stamp Out website at www.stampout.com.au provides articles, tips and help for parents in any location! For those local to the Central Coast (NSW, Australia) Stamp Out is located at Erina, providing one to one and group consultations.