

## Including a child with Attention Deficit Hyperactivity Disorder

Children with ADHD may have one or more of the following difficulties:

- \* focusing on just one thing
- \* paying attention
- \* thinking before acting
- \* keeping still
- \* keeping track of things
- \* learning in school

The result of these difficulties are that the child may:

- \* get upset easily (with him/herself or anyone else within range)
- \* lose interest in doing anything (no real drive or motivation)
- \* develop a cheeky and confident manner to cover up the "scared little kid" he/she may feel underneath.
- \* be in "trouble" all the time
- \* get frustrated easily
- \* have difficulty remembering the first instruction in a long line of instructions
- \* be unable to stay at a task long enough to complete it
- \* have trouble remembering where he/she put something
- \* feel bad about him/herself (low self esteem)

### STRATEGIES FOR INCLUDING CHILDREN WITH ADHD

- \* Do everything you can to make this child feel good about him/herself
- \* Move the focus from what the child can't do to what he/she can do
- \* Praise, reward and encourage them at every opportunity
- \* Take the time to listen to him/her
- \* Speak clearly and keep instructions simple
- \* Check that he/she has understood before giving more instructions
- \* Keep the environment quiet and distraction free, that is, take into consideration the way the area is set up.
- \* Talk less and show more

- \* Give regular reminders of what the rules are or show the child what the next step in an activity is.

- \* Provide activities which provide a real outlet for physical energy

- \* *Remember: Children with ADHD respond well to encouragement and anything that arouses their interest and boosts their self esteem.*