

Home-School Connection

ADHD

Helpful tips for family communication:

- Give frequent feedback/attention to positive behavior
- Be sensitive to the influence of ADHD on emotions (i.e., self-esteem issues or difficulty regulating)
- Provide extra cues before transitions and changes in routines
- Be aware child may become hyper-focused in activities they find interesting and may need assistance shifting their attention

Resources:

Websites:

- ADHD Toolkit for Parents and Caregivers–Diagnosis and Treatment of Children and Teens:
<https://chadd.org/nrc-toolkit/>
- ADDitude’s ADHD Parenting Resources:
<https://www.additudemag.com/category/parenting-adhd-kids/>

Books:

- Taking Charge of ADHD: The Complete, Authoritative Guide for Parents by Russell A. Barkley
- 12 Principles for Raising a Child with ADHD by Russell A. Barkley
- Smart but Scattered: The Revolutionary Executive Skills Approach to Helping Kids Reach Their Potential by Peg Dawson, Richard Guare, Colin Guare
- Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential by Richard Guare, Peg Dawson, Colin Guare

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What is ADHD?

A neurodevelopmental condition that affects how a student focuses, regulates impulses, and manages activity levels. Many students with ADHD struggle with executive functioning- the brain skills that help with planning, organization, and self-control. **It does NOT present the same in every child.**

There are three different types of ADHD: **inattentive, hyperactive-impulsive, and combined.**

ADHD could look like:

• Difficulty maintaining focus during assignments or nonpreferred tasks • Difficulty recognizing when they need help and request assistance • Misplacing items (homework, keys, phone, toys) • Easily distracted by internal/external stimuli • Challenges with short-term memory	• Creative Thinker–able to think outside of the box • Empathetic and Compassionate • Passion Driven • Ability to hyper focus on item/area of interest • Friendly • Energetic and Enthusiastic • Reflective
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Home Supports:

Area	Common Challenges	Strategies for Home
Initiate	Organizing, prioritizing, and task initiation	• Make a list of all tasks starting with nonpreferred task to preferred task • Check Canvas Calendar (MS, HS) with your child to identify upcoming due dates for the week
Focus	Easily Distracted Difficulty completing homework/chores, may hyperfocus on preferred tasks	• Create a distraction-free workspace in an observable location to monitor for completion • Provide a snack • Frequently check in during task
Effort	Staying alert, completing long-term projects, regulating processing speed	• Set timers for work breaks that include movement
Emotions	Managing frustration, regulating emotions and perspective	• Cue an “I feel” statement • Preteach calming exercise • Reflect and problem solve emotions when calm • Write down thoughts in the moment to share later
Memory	Utilizing working memory and following multi-step directions	• Visuals: schedule, checklist, where to find common resources • Designate common spaces in the home for every day items (keys, backpacks, shoes, coats, etc)
Action	Monitoring and self-regulating. Pausing to check, shifting strategies, inhibiting impulse.	• Have frequent discussions around cause and effect • Role play alternative ways to respond to a variety of situations