

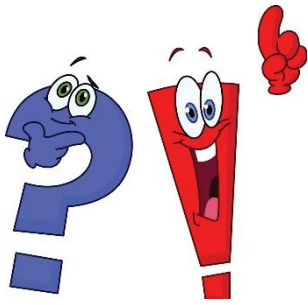
Attention Deficit Hyperactivity Disorder (ADHD)

When your brain wants too much

Information for Children and Young People



On average, there will be 1 child with ADHD in every class.



What is ADHD?

Attention Deficit Hyperactivity Disorder

Your brain wants too much at once and this makes it hard to:

- Sit still
- Pay attention
- Plan what you are doing
- Remember things
- Do your schoolwork
- Wait your turn or be patient.

Other things that can be tricky for me:

Some children with **ADHD** also struggle with these things.

Do you?



- Struggle at school
- Get into trouble
- Struggle to make or keep friends
- Feel sad, worried or scared
- Get angry easily.





Things that I am good at:

Children with **ADHD** have lots of things they are **really good** at.

What about you?



- Having lots of ideas
- Being a good and fun friend
- Keen to try new things
- Being full of energy
- Doing lots of things at once.



What might happen next?



Your doctor might give you medicine to:

- Make you feel calmer
- Help you pay attention.

You might get some help to:

- Act more calmly
- Make friends and keep those friends
- Talk about your feelings
- Do better in school.



My cycle of ADHD:



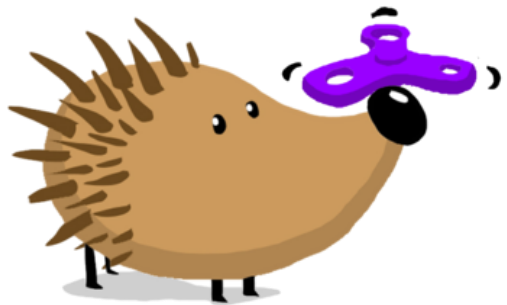
Don't forget: You can always ask for help.

Getting distracted and moving around

Some things to try when you want to move around:

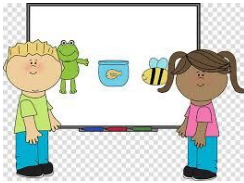


- Put my hand up and ask for help
- Ask for extra tasks
- Sit on a wobble cushion
- Use my fidget toy.



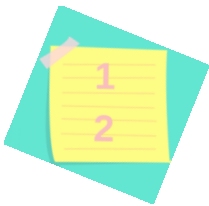


How can I help my amazing busy brain focus?



Ask others to use pictures (not words) to explain things to me.

Ask for some more time to finish an activity.



Only try to remember a few things at once.

How can I stay on task?



Break tasks up into smaller pieces to make them easier.

Take moving-around-breaks and use fidget toys to help with my wigglyness.



Have a quiet and tidy place to work so I can pay attention.

Finding it hard to plan?

If you use a visual timetable to keep track of your day, both you and people around you will know what you are doing next and you will have less to worry about.



Trying to do school work

What can I do to help my busy brain?

Listen carefully to instructions



Check my work when I'm done

Try not to get worried or angry



Ask for help if I feel stuck or confused.

Tips to help me read

If you really want
To **find the answer**
Here is what to do

Start at the **top**
And **down** you go
And check the **corners** too

Then you search
From the **left**
All the way **to the right**

This will help
To keep your **brain**
On the track alright



Checklist for checking:



- Do I have any questions?
- Have I answered all the questions?
- Are there any more questions on the back of the page?
- Are all my answers done?
- Will my teacher be able to read my answers?

Struggling with controlling feelings or worries?

You can use a feelings-thermometer to keep track of your feelings and calm yourself down before it gets too much

Example of a feelings-thermometer:





Remember:

You might need to do some things differently because of how your busy brain works.

But, all these tips can really help you do the things you want to do.

You have an **amazing** brain that is **awesome** at **helping you think of creative solutions** and getting you to **try new things**. You should be really proud of your busy brain.

A helpful activity book:

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) an activity book by Eline Snel

Information sourced from:

1. The NICE guideline on diagnosis and management of ADHD in children, young people and adults (2008)-
<https://www.nice.org.uk/guidance/ng87/evidence/full-guideline-pdf-4783651311>
2. My child has been diagnosed with ADHD- Now What? Centers for Disease Control and Prevention (2020)-
<https://www.cdc.gov/ncbddd/adhd/>
3. ADHD. National Alliance on Mental Illness-
<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/ADHD>