

# ADHD

## Information Sheet for Parents



Adapted from leaflet produced by Pennine Care NHS Foundation Trust

## **What are the characteristic features of ADHD?**

- Hyperactivity – e.g. - fidgety, restless, uncomfortable sitting still
- Impulsivity – e.g. - impatient, poor judgement, speaking before thinking
- Inattention – e.g. – disorganised, forgetful, often loses things, persistent day dreaming, may not follow through on instructions.

## **How can this affect your child?**

As a teenager with ADHD they may react to some problems more rapidly than others would do and have lower tolerance levels, which may cause them to go off at the deep end more frequently.

You may also find that they have more problems with self-esteem and more arguments with parents than teenagers without ADHD.

## **Transition to High School**

The transition to secondary school can be a time of mixed emotions, but it is also an important part of a child's psychological and educational development. Here is some advice which may help your child to have a happy and successful transition to secondary school.

### **Prior to starting secondary school**

- Arrange visits to the school to familiarise your child with the layout, buildings etc.
- Take your child on a 'dry run' of the new journey to and from school
- Let your child try the journey on their own if they will be travelling to and from school on their own
- Ensure that your child knows road safety rules
- Request a copy of the school's prospectus which should include the school's rules. Discuss these rules with your child to ensure that they understand the consequences if rules are broken
- Ensure that school staff are aware of your child's need and if your child has had SEN provision at primary school, make sure that the secondary school is aware of this before they start at High School.

## Routines and Organisation

- ✓ Make copies of your child's timetable – one for the kitchen and one in their bedroom. Laminate it if possible
- ✓ If your child has difficulties with organisation, colour code their timetable to correspond with their exercise books so they will know what they need on certain days
- ✓ Ensure that your child has the correct equipment for their pencil case – i.e. pen, pencil, rubber, ruler etc.
- ✓ Encourage your child to become more independent and more organised by praising them when they remember things or do things by themselves
- ✓ Encourage your child to get into the routine of packing their school bag the night before with all the items they will need the following day, such as school books, completed homework, PE Kit etc. so that there is less chance of them forgetting these important items
- ✓ Ensure that your child knows their home phone number and any important contact numbers they may need. If they have problems retaining information, write it down in their homework book
- ✓ Ensure that you have adequate time in the morning to get ready for school and have breakfast. Children function and concentrate better with food inside them to give them energy!
- ✓ Check your child's bag and the 'show my homework' app. for important information from school – encourage your child to take responsibility for pinning school letters etc. to the notice board
- ✓ Make homework a part of your child's routine – ensure that they have a quiet, clear space, free of clutter and away from distractions such as the TV, computers and siblings! Remember - children with ADHD find concentrating for a long period of time challenging – break it down into smaller chunks
- ✓ Ensure that your child knows that if they need help with their homework, you are there for them or can direct them to the information – e.g. on the internet etc.

# ADHD TIPS

**Personal  
tackling problems**

**development and**

- Talk to your child about how they are finding school – encourage them to discuss any worries – make time for them
- Be positive – praise your child for every small achievement and boost their self-esteem at every opportunity. Maybe keep a log of successes and achievements and refer back to these regularly
- Remind your child that everyone has their own issues to deal with – children who appear to be confident can be just as nervous as others, but they may be better at hiding it!
- Encourage your child to speak out if they are the victim of bullying – even if they have been told not to. All children should be able to attend school without feeling threatened or uncomfortable. Talk to the school if you feel your child is being bullied and find out what they are doing to tackle the problem
- Your child will probably not like all of their teachers – remind them that the teachers are there for their benefit and it is the subjects they learn that are most important. Encourage your child to discuss with you if they are having problems with a particular teacher
- The school will want your child to be happy and to do well – if you are worried about your child in any way, approach the school and discuss your worries with them. In the first instance, contact your child's Form Tutor or Head of Year to talk through any concerns.

# ADHD: AN INFOGRAPHIC

**UP TO 9%**  
OF SCHOOL AGED CHILDREN IN THE UK ARE THOUGHT TO HAVE ADHD

**ADULTS WITH ADHD**  
ARE RARELY HYPERACTIVE BUT TEND TO BE MORE **DISORGANISED AND RESTLESS**

**8%**  
OF BRITISH ADULTS HAVE ADHD

IT IS A **MYTH**  
THAT ALL CHILDREN DIAGNOSED WITH ADHD ARE OFFERED DRUGS

**ANXIETY  
DEPRESSION  
LOW SELF-ESTEEM**  
ARE COMMON IN ADULTS WITH ADHD

3 MAIN SYMPTOMS OF ADHD IN CHILDREN ARE **HYPERACTIVITY  
IMPULSIVITY AND  
INATTENTION**

IN THE UK **MEDICATION**  
IS ONLY FOR SEVERE ADHD OR IF YOUR CHILD DOESN'T RESPOND TO OTHER SUPPORT

**SOURCES:**  
NATIONAL INSTITUTE OF HEALTH AND CARE EXCELLENCE [HTTPS://WWW.NICE.ORG.UK/GUIDANCE/qs39/chapter/introduction](https://www.nice.org.uk/guidance/qs39/chapter/introduction), HARLEY THERAPY SOURCES

**WWW.HARLEYTHERAPY.CO.UK**