



ADHD AT SCHOOL: SUPPORTING THE ADHD CHILD

The best way to determine your child's needs in the classroom is to seek input from the teacher and any other support staff. No two students are the same, even if they have the same diagnosis. What works for one child won't necessarily work for another.

Several Accommodations Can Be Useful in the Classroom Setting

Preferential Seating

ADHD students should sit in the front row (or close to the teacher), away from windows and other distractions.

Break Down Assignments

Break down tasks into manageable pieces (for example, provide four math problems followed by four more until the assignment is complete.) For long term assignments, add specific dates to meet each goal.

Manipulatives for Understanding

Number lines, math manipulatives, word banks and color-coded spelling words (to help focus on difficult words) are useful for both classwork and tests.

Use Assistive Technology

Use of technology in the classroom makes the learning process more visual for the ADHD student.

Copies of Teachers Notes

Some ADHD students benefit from a copy of the teacher's notes after the lecture to check for comprehension.

Supervised Organization

Many ADHD students benefit from a supervised daily cleanout of their backpack and desk to learn organizational strategies. Use of a homework planner checked by the teacher each day and color-coded folders can also be beneficial.

Oral and Written Instructions

Oral instructions should be reiterated and written down for the student.

Highlight Key Points

Highlight important words in the directions on worksheets and tests to help ADHD students focus.

Extended Time On Tests

Eliminate timed tests and/or provide extended time on tests.

Provide Checklists

Detailed lists for homework assignments, organization, study skills, and checklists of frequently made mistakes help ADHD students stay on task and avoid repetitive mistakes.

Homework Tips

It's reasonable to assume that your ADHD child will need help staying focused and organizing assignments. A few effective strategies to incorporate at home:

Whiteboard Calendar

Use a large, visible calendar to transfer long-term assignments and projects to help the student track tasks.

Clutter Free Workspace

ADHD students need a clutter-free and distraction-free workspace near an adult who can help him/her remained focused.

Parent-Teacher Communication Log

A daily communication log helps parents and teachers communicate and work together for the benefit of the student.

The Team Approach

Students with ADHD can enjoy a successful and meaningful learning experience in the classroom when they benefit from a team that works together. Collaborate with your child's teacher and seek outside help if necessary. With the right accommodations in place, your student will thrive in school.

Source: Psycom.net

This information should not be construed as medical advice or advice on individual health matters, which should be obtained directly from a healthcare professional. Copyright © 2019 by Remedy Health Media, LLC. All rights reserved.

To learn more about managing ADHD visit:
HealthCentral.com/ADHDguide

