

Supporting a Child with ADHD

A Guide for Teachers & Parents

Symptoms of ADHD can profoundly affect how a child functions in the classroom. This may appear, for example, as being easily distracted, daydreaming, disorganisation, disruptive or risky behaviours.

Teaching a child with ADHD requires understanding, patience, and creative strategies. This guide provides key recommendations for teachers to effectively support and engage students with ADHD in the classroom.

Structured Environment Implement a predictable routine and clear classroom rules. Visual schedules and organised spaces can help reduce anxiety and improve focus to enable increased sustained attention, e.g., setting timers.

Simplified Instructions Break tasks into smaller steps and provide clear, concise instructions. Repeat or rephrase instructions if necessary.

Positive Reinforcement Use positive reinforcement to encourage desired behaviours. Recognise and praise the student's efforts and achievements.

Modify Assignments Tailor assignments to the student's learning style and attention span. Consider shorter assignments and allow for breaks.

Interactive Learning Incorporate hands-on activities and interactive learning tools to maintain engagement.

Seating Arrangement Seat the student away from distractions and close to the teacher for easier monitoring and assistance.

Regular Breaks Allow short, supervised breaks. Physical activity can help the student refocus and manage excess energy.

Consistent Communication Regularly communicate with parents and caregivers about the child's progress and challenges. Share effective strategies and seek feedback.

Collaboration with Specialists Work with school counsellors, special education teachers, or other professionals for additional support and resources.

Foster Inclusivity Encourage a supportive and inclusive classroom environment. Teach all students about diversity and the importance of empathy.

Professional Development Stay informed about ADHD and classroom management strategies through professional development opportunities.

Remember, each child with ADHD is unique, and flexibility in adapting these strategies to meet individual needs is key. Your support can make a significant difference in the educational experience of a student with ADHD.