



**North East
Learning Trust**

SEND Newsletter

ADHD

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.

Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child's circumstances change, such as when they start school (www.NHS.uk)

People with ADHD may also have additional problems, such as sleep and anxiety disorders. Children with hyperactivity can have good social skills and can become skilled in 'multi-tasking,' i.e., doing several things at the same time. But often they may find it extremely hard to stay on-task at school and at home and can become very impatient; they find it hard to meet the expectations of others (both at home and at school, with peers and with adults). They are forever on-the-go, being fidgety, restless, and distractible. They do not mean to be they just cannot help it. But it can be very stressful for adults.

Students with ADHD need opportunities for movement as they can become frustrated if movement is restricted. Pupils with these difficulties may find some day-to-day activities might be more difficult for you and your child, including:

- getting your child to sleep at night
- getting ready for school on time
- listening to and carrying out instructions
- being organised
- social occasions
- shopping

Children with ADHD may not readily display emotions and sensitivity.

Hyperactivity and impulsiveness

The main signs of hyperactivity and impulsiveness are:

- being unable to sit still, especially in calm or quiet surroundings
- constantly fidgeting
- being unable to concentrate on tasks
- excessive physical movement
- excessive talking
- being unable to wait their turn
- acting without thinking
- interrupting conversations
- little or no sense of danger

How to help your child

Plan the day - it will help your child to cope with the day easier

Set clear boundaries - be consistent and fair

Be positive – be specific with your praise so that your child knows what they have done right

Give clear instructions in small steps

Incentive scheme – use short term goals rather than long term. Ask your child to suggest what their prize could be

Intervene early – try not to let your child hit “meltdown “point.” Distract them from the situation if possible

Social situations - keep seeing others short and sweet

Diet - ensure plenty of fruit and vegetables and cut down on processed foods

Bedtime routines - establish a routine and stick to it. Keep Xboxes, play stations, phones etc away from your child for 2 hours before sleep

Sleep - this may be hard for children with ADHD. Try mindfulness or calming bedtime routines.

Tourettes Action UK – 0300 777 8427

Tourettes Action are the UK’s leading support charity for people with Tourette Syndrome (TS) and their families. TS is a neurological condition; the main symptoms are physical and vocal tics. Up to 85% of people with TS experience co-occurring conditions such as anxiety, Attention Deficit Hyperactivity Disorder (ADHD) and Obsessive Compulsive Disorder (OCD). Their vision is for people with TS to receive the practical support and social acceptance they need to help them live their lives to the full.

Tree Tops Child Occupational – 01325 304 411

Tree Tops Child Occupational are an established service with an outstanding reputation with Sensory Integration expertise. The Tree Tops team are passionate about making a difference to children’s/young adult’s lives by working in partnership with families, schools and health professionals. Tree Tops Children’s Occupational Therapy team have been assessing and treating children both within our well resourced clinic and school settings since 2002.

Hyperactive children's support group – 01243 539 966

Hyperactive Children's Support Group are a charity who have been successfully helping ADHD/Hyperactive children and their families for over thirty years. Their specialism is advocating a dietary approach to hyperactivity.

Key information

Did you know.....

Northumberland county council have a huge amount of useful SEND information on their website. They have information that cover all four areas of need and include padlet resources such as the one pictured below, that have a number of supportive links. Follow this link if you want to find out more:

[Northumberland County Council - Education & Schools](https://www.northumberland.gov.uk/Children/Needs/Autism-Service.aspx)

The screenshot shows a Padlet board titled "Autism Support Service" under the heading "Inclusive Education Services" and "High Incidence Needs Team (HINT)". The board is organized into several columns with the following content:

- Referral links:** A card for "Autism Support Service" with a photo of a person walking a dog on a beach and the URL [northumberland.gov.uk](https://www.northumberland.gov.uk/Children/Needs/Autism-Service.aspx).
- Checklists:** A card titled "Request for Support Supplementary Checklist: Sensory processing".
- Understanding Autism:** A PDF card titled "General_Autism_Understanding_and_Awareness_".
- Anxiety:** A card titled "Anxiety advice, information and self care" with a video thumbnail and the text "Autism & Anxiety. Click here for further information, resources and video links". Below it is a card for "Fight Fright Freeze response".
- Autism and Girls:** A PDF card titled "Girls_and_Autism_".
- COVID 19 information:** A card titled "Covid-19 Information & Advice (ASD)" with the text "Click for more information and resources".

The bottom of the screenshot shows a Windows taskbar with the search bar, system tray (10°C Mostly cloudy, 17:00, 24/04/2022), and various application icons.