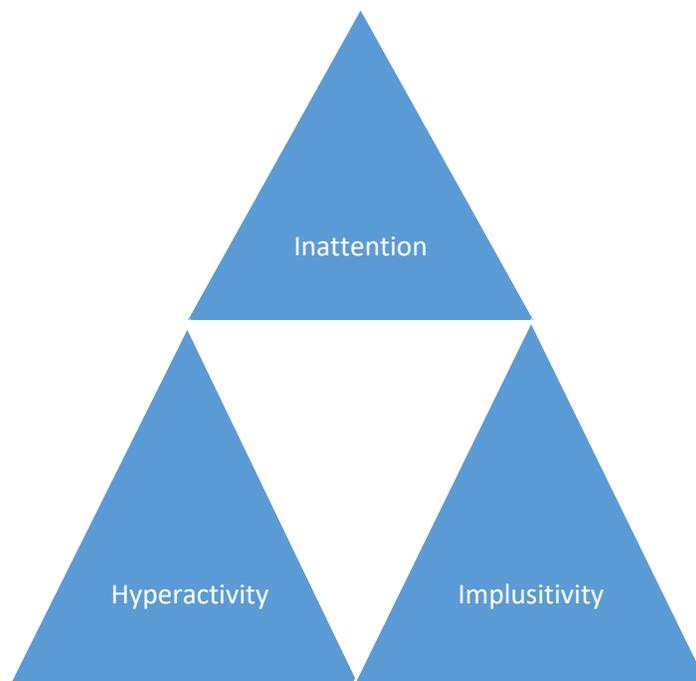


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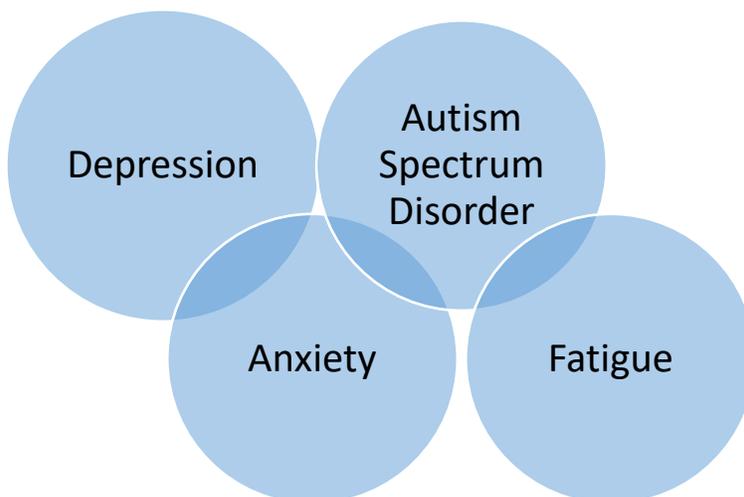
A Brief Overview of ADHD

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder. Although people with ADHD may have difficulties with learning and attention, ADHD is not a result of low intelligence, poor eyesight, or impaired hearing. According to the Centers for Disease Control and Prevention (2016), 6.1 million (9.4%) U.S. children ages 2 – 17 have been diagnosed with ADHD. Children with ADHD may face behavioral, emotional, and social challenges. They will not outgrow ADHD, but they can learn coping techniques. Some, but not all, children need medication until they master these. With additional support from parents, teachers and others, children with ADHD can succeed in life and school. (Understood Team, n.d.)

Common Signs of ADHD May Include:

- Daydreaming
- Squirming or fidgeting
- Making careless mistakes or taking unnecessary risks
- Losing and forgetting things
- Difficulty getting along with peers
- Trouble taking turns
- Talking excessively
- Difficulty resisting temptation

Illustration of Other Conditions That May Imitate ADHD



Classroom Strategies

- Avoid taking away recess or exercise time as punishment. Consider allowing your student with ADHD to run laps or jump in place as an alternative punishment.
- Utilize visual schedules within the classroom to help your student with ADHD stay on task.
- Consider assisting with time management by using an alarm or other prompt.
- Plan breaks for your students with ADHD to stand during testing or during classwork.
- Consider utilizing sensory tools such as an exercise band looped around chair legs to allow fidgety kids to kick and quietly release their energy.
- Instructional support is often needed within the classroom setting. Students with ADHD learn better with small groups, hands-on demonstrations, and shorter assignments/tests. Ask us for a 504-plan recommendation if you think it may benefit your student.
- Limit long verbal instructions and consider providing visual cues and written instructions, when possible.
- Limit distractions by offering noise-reducing headphones or other tools during tests and quiet assignments.
- For children on medication, ensure that difficult tasks are scheduled while medications are working best.
- Use positive rewards for positive behaviors.
- Utilize the behavior analyst employed by your school system if you are struggling with a specific behavior.

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Students with ADHD may:

- Act without thinking about the consequences
- Have trouble paying attention to details
- Experience difficulties finishing tasks
- Become overly active
- Feel constantly restless
- Find sitting still difficult (ex: for a meal or schoolwork/homework)
- Have difficulties controlling impulsive behaviors
- Speak at inappropriate times and interrupt others
- Be your most rewarding students as you see their amazing progress

Free Resources on ADHD

- Information Website: <https://www.understood.org/en>
- Tips for Teachers Video Series on ADHD: <http://www.help4adhd.org/Understanding-ADHD/For-Professionals/For-Teachers/Tips-for-Teachers-Video-Series.aspx>
- Classroom Behavioral Supports: <http://www.pbis.org/common/cms/files/pbisresources/Supporting%20and%20Responding%20to%20Behavior.pdf>
- ADHD 504 Plan Example: <https://www.understood.org/en/school-learning/special-services/504-plan/sample-504-plan>

References

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Understood Team. (n.d.). *Learning and Attention Issues Fast Facts*. (P. Nelson J. Dorta, Editor) Retrieved July 24, 2018, from Understood.org: <https://www.understood.org/en/learning-attention-issues/getting-started/what-you-need-to-know/learning-and-attention-issues-fast-facts>

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Your student _____, has Attention-Deficit/Hyperactivity Disorder. The information below has been provided by the student’s family. Please share this information with this student’s other teachers including PE, art and music.

Compensating Strategies: _____

Strategies to improve focus: _____

Ways to Reduce Hyperactivity: _____

Common Impulsive Behaviors: _____

Tasks/Activities That May Be Difficult for the Student to Manage: _____

Difficulties in Peer Relationships Often Start With: _____

Problems that May Worsen ADHD Symptoms: _____

Special Talents Include: _____

General Tips: _____

**We would like your feedback! Please email us at research@DoctorZeanah.com
Please let us know if you think this student needs a 504-Plan.**