

SPOTLIGHT ON SEND



If you have any questions please contact Mrs Downs, our Inclusion Leader.

Email: aen@birchington.kent.sch.uk Telephone: 01843841046

What is ADHD?

ADHD is an abbreviation for Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is a unique experience and a unique set of traits for each individual.

ADHD is a neurodevelopmental disorder

ADHD is split up into 3 main presentations:

- Hyperactivity-impulsive
- Inattentive type
- Combined type

Some of the Common traits of ADHD:

- Poor concentration
- Disorganisation
- Impulsivity
- Hyperactivity
- Mood instability
- Emotional dysregulation

@Mollys_ADHD_mayhem

The 3 ADHD-Types

ADHD-Alien (Facebook), ADHD_Alien (Twitter), ADHD-Alien (Instagram)

ADHD - HI (Hyperactive-Impulsive)
mostly Hyperactive - Impulsive
ADHD - HI Aliens are what most people think of when they hear ADHD. They're Hyperactive in talking or movement, impulsive and are always looking for new paths in life. Emotions can boil up fast as they are very passionate! They might blurt out one or two inappropriate things in their fight against injustice.
(also ADHD-PH)

ADHD - C (Combined)
Combined
ADHD - C is probably the most "confusing" type, as they show Symptoms from both sides, not really belonging into one category. Not being quite "Hyperactive" enough to fit the stereotype, this ambiguity might be why they have a hard time realizing they have ADHD.

ADHD - I (Inattentive)
mostly Inattentive (formerly "ADD")
ADHD - I can be the hardest to detect due to the lack of visible Hyperactivity. In fact, they might appear to move unusually slow, as they try to deal with their hyperactive mind. This makes them amazing observers. They might not notice when being talked to, but will notice even the most trivial things.
(also ADHD-PI)

ADHD-Alien.com

If you're looking after a child with ADHD, you may find this advice helpful:

Plan the day - have a set routine which is made up of small steps

Set clear boundaries - what behaviour is expected, focus of positives and praise

Be positive and specific - what exactly did they do well or are you pleased with

Giving instructions - make them short and focused

Incentive scheme - behaviour charts with a clear focus or goal, rewards,

Intervene early - look for warning signs and distract

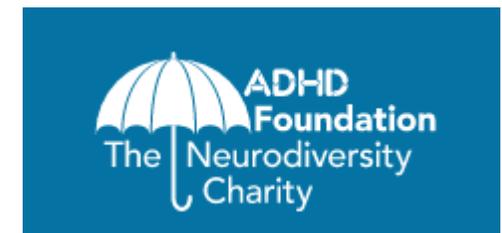
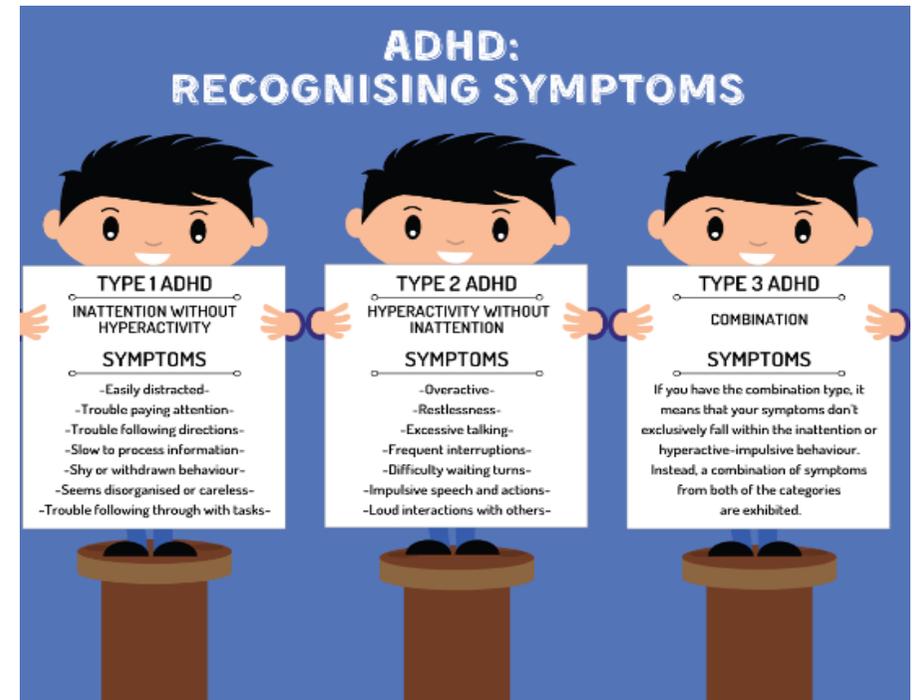
Social situations - keep them short or with regular breaks

Exercise - lots of movement during the day, clam down time before bed

Eating - avoid too much sugar and caffeine

Bedtime - have a set routine, have a calm and relaxing time leading up to bedtime

Help at school - Speak to the class teacher and Inclusion Leader



ADHD UK

YOUNGMINDS
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