



Birchington CE Primary School

ADHD

Emma Watson (Hermione in *Harry Potter*), Will.i.am, Albert Einstein, Simone Biles (Olympic gymnast), Richard Branson all have ADHD..... ADHD is one of the most common neurodevelopmental disorders and is usually first diagnosed in childhood and it often lasts into adulthood.

Children with ADHD may have trouble paying attention or have controlling impulsive behaviours, acting without thinking about what the result will be, or be overly active.

A child with ADHD might:

- daydream a lot
- forget or lose things a lot
- squirm or fidget
- talk too much
- make careless mistakes or take unnecessary risks
- have a hard time resisting temptation
- have trouble taking turns
- have difficulty getting along with others

Types:

There are three different types of ADHD, depending on which types of symptoms are strongest in the individual:

- **Predominantly Inattentive Presentation:** It is hard for the individual to organise or finish a task, to pay attention to details, or to follow instructions or conversations. The person is easily distracted or forgets details of daily routines.
- **Predominantly Hyperactive-Impulsive Presentation:** The person fidgets and talks a lot. It is hard to sit still for long (e.g., for a meal or while doing homework). Smaller children may run, jump or climb constantly. The individual feels restless and has trouble with impulsivity. Someone who is impulsive may interrupt others a lot, grab things from people, or speak at inappropriate times. It is hard for the person to wait their turn or listen to directions. A person with impulsiveness may have more accidents and injuries than others.
- **Combined Presentation:** Symptoms of the above two types are equally present in the person.

Because symptoms can change over time, the presentation may change over time as well.

What is ADHD?

<https://www.youtube.com/watch?app=desktop&v=Rfcdx3qm77M>

How does ADHD medication work?

<https://www.youtube.com/watch?v=1jCeSCo9rsM>

Support for Parents and Carers

NHS advice for parents and carers:

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/living-with/>

Young Minds:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-adhd/>

<https://www.supernanny.co.uk/Advice/-/Health-and-Development/-/Special-Needs/Your-ADHD-child.aspx>

<https://www.adhdfoundation.org.uk/parents/>