

Returning advice for pupils with AD(H)D

CITY OF
WOLVERHAMPTON
COUNCIL

OUTREACH SERVICE

SUPPORTING SCHOOLS. ENABLING INCLUSION.

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AD(H)D recap

- * Neurodevelopment Disorder
- * Usually diagnosed between the ages of 6 and 12.
- * Often occurs alongside other problems such as dyslexia and dyspraxia.
- * Can be hereditary
- * Correlation between premature birth and low birth weight.



AD(H)D Recap



Restless

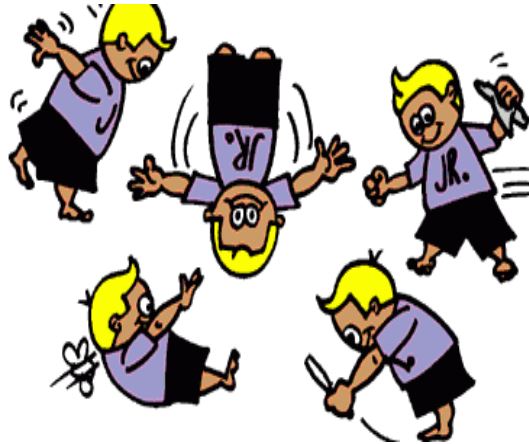
Inattentive

Lethargic

Spontaneous

Hyperactive

Disorganised



Thriving...Not Just Surviving



Stress of togetherness

Cognitive

Behaviour

lack of self regulation

Emotional



Returning after lockdown



Nightmare!!



Incorporating Exercise into the Day

Let's get moving!

- Energy snacks: Go Noodle, Just dance, Keeping the beat



Changes in medication



- Lack of medication/given at different times
- Natural peaks and troughs disturbed
- Return to prescribed dose and times
- Allow settling in period



Practical tips to improve cognitive regulation

- ❖ Temporarily reducing the time they are expected to sit
- ❖ Switching between high appeal to low appeal
- ❖ Shorten tasks
- ❖ Provide timers
- ❖ Provide practical activities
- ❖ Provide extra support



Strategies to address changes in wellbeing

Feeling low

Negative thoughts

Feel incapable of achieving

Self Depreciating

Self destruct mode

FIST rewards



Frequent

Immediate

Small

Tangible

Strategies to address changes in wellbeing

- Positive reinforcement
- Group and personalised individual reward systems
- Roles and responsibilities

Strategies to address changes in wellbeing

➤ Catch me being good book

➤ Praise

➤ Firm but fair

Seating plan

Desk near
door

Allow room to
manoeuvre



Social distancing

- ❖ Gentle reminders at the beginning of each lesson
- ❖ Reminders placed on desk in child friendly format
- ❖ Whole class supportive approach



Over to you!



*What is the dream?

*What strategies will help you get there?

Final thought



Thank you for your time

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