



## Practical tips for helping your child manage at school

### Consider the following ways to help your child succeed:

- There's no substitute for parents understanding their child's mind and communicating this directly to teachers. A child needs an advocate after a diagnosis of ADHD
- Always aim to work collaboratively with your child's teacher, with a goal to create a relationship that will support your child
- If teachers seem to struggle with your child, then do meet them individually after school to help them understand your child better and avoid triggers for bad behaviour. Other parents have found this works really well and behaviour improves once the teacher understands your child better
- Seating arrangements in class are important. Children with ADHD work best with fewer distractions – usually seated toward the front of class at the side and not near doorways, windows or the back of the room. They also work better alongside children who are less distracted and more attentive
- Let teachers know your child's best learning style: visual, auditory, kinesthetic (learning by doing physical activities)
- Consider talking with your child's teacher about having a home-to-school notebook for quick comments on a daily basis and easy communications

### General tips for life that can also help at school:

- Encourage creativity in your child as an outlet for impulsiveness
- Don't say or do things that will make your child feel badly about their way of doing things
- Set your child up to make progress on something that matters to them. This builds confidence and motivation
- Create a predictable schedule at school and at home. An important part of that schedule is getting enough sleep. Get your children into bed early, whenever possible
- Give warnings about upcoming transitions from one activity to another
- Big tasks become much easier when broken down into small steps – especially homework
- Monitor your child's progress and give feedback often. Give positive feedback when it is deserved and keep looking for positives to reinforce not negatives
- All children need escape valves. Try to bring some physical activity into anything they are doing
- Sit side by side with your child rather than in front of them. Quite often children with ADHD don't like talking directly face-to-face. Car journeys are sometimes a good way to connect with your children, but spending time together, anywhere, is very important
- Above all, look for positive reinforcement at every opportunity. If they have more praise your child will work towards being better. Remember that negative responses rarely work well