

# Teaching Children with ADHD:

## Tips for the Teacher

1. Consistency is the key to helping ADHD children. They are really poor at dealing with change, even if it is positive change. They need to have a sense of external structure, as they tend to lack a sense of internal structure.
2. ADHD kids have two kinds of time...plenty and none. They are usually poor at organizing their time and need you to help them break tasks down into small components.
3. Placing ADHD kids at the front of the room ( nearest the blackboard or where the teacher gives instruction ) is often helpful. If the child is right handed, placing them at the right front of the class minimizes the number of children they watch wiggle when they write.
4. Try to avoid placing ADHD children in loft classrooms or in situations with multiple children at a single desk. This maximizes their distractibility.
5. Use colors and shapes to help them organize.
6. Try to provide a quiet study area, free from distraction , when seat work is required.
7. Try to work within the child's attention span . Keep changing the type of work frequently and the child can continue to work productively. Medication is NOT the only solution.
8. Remember, these children have a tendency to get people around them fighting . Try to avoid getting into "blaming mode", either as a parent or a teacher.
9. Many of these children are VISUAL learners . Try making things more visual or tactile and they may grasp them better. Instead of memorizing words, ask them to " make a movie in their head and play it back".

*Don't worry if you feel frustrated, so do their parents and so do the kids. Just don't take their behavior as personally directed, because it isn't in most cases.*

