

ADHD SCHOOL AGED:

ADHD

Attention deficit hyperactivity disorder (ADHD) is marked by ongoing patterns of inattention and hyperactivity-impulsivity interfering with functioning or development. People. With ADHD, may experience ongoing patterns of inattention, hyperactivity, impulsivity,

SYMPTOMS

ADHD's primary features are inattention and hyperactive-impulsive behavior

symptoms that start before age 12 in some kids but may be noticeable at three years old.

ADHD occurs more in males

INATTENTION SYMPTOMS:

- fail to pay close attention to details, making careless mistakes
- have trouble staying focused
- appear not to listen
- difficulty following instructions and finishing work
- difficulty with organization
- easily distracted

HYPERACTIVE-IMPULSIVITY SYMPTOMS

- Have difficulty sitting still in the classroom or other situations,
- always on the go
- run around or climb when not appropriate
- talk too much
- difficulty staying quiet
- blurt out answers
- difficulty waiting their turn



HOW DOES ADHD AFFECT CHILDREN IN SCHOOL?

- Kids with ADHD may struggle to focus during class, which impacts their ability to learn and retain important information.
- They may fail to hear or recognize instructions and become distracted by surroundings or thoughts instead of attending lessons
- Their impulsivity may cause them to speak when it is not their turn; they may bump into objects in the room due to reduced self-monitoring, they may fidget and have a hard time sitting still
- ADHD learners will face time management and organization challenges, affecting their ability to complete work on time. It may affect THE ability to organize INFORMATION in verbal/written form.
- Kids with ADHD struggle to make THE daily transition due to issue-shifting focus

THE ROLE OF OT

Occupational therapists use a holistic approach to enhancing a person's ability to perform everyday tasks. Occupational therapists will help your child improve their self-regulation and social relationships and work on executive functioning.

1. **Sensory integration:** helps the children with ADHD process sensory info more effectively, helping their behavior and attention
2. **Cognitive Behavioral Therapy** helps the child to modify and identify any negative pattern of thought/behavior.
3. **Play therapy:** uses play to help the child learn skills and develop positive behavior
4. **Executive functioning:** focuses on helping the child improve their ability to plan, organize, and complete tasks.

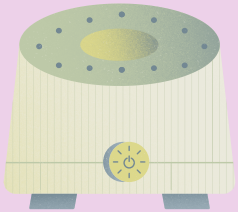
The OT will also help with handwriting and work on their time management to complete a writing task.

WHAT CAN BE DONE TO HOME?

- have a posted schedule for the child to follow, including what to do when to get up (i.e., make the bed, brush teeth, get dressed, eat breakfast),
- organization: have a calendar for school work such as a dry erase, have a desk organizer for school and color-coded folders for subjects,
- Have a homework station at home: Have one spot where your child will do homework daily without distraction. Make sure homework is done around the same time each day and give them some breaks to move around
- use a concentration aid such as a white noise machine to block distractions
- plan playdates to improve social skills

SOME ACTIVITIES AND IDEAS TO HELP YOUR CHILD


USEFUL TECHNOLOGY




GREAT FOR STAYING ORGANIZED WITH HOMEWORK SUBJECTS AND HANDOUTS

CHECKLIST FOR ORGANIZING AND PRIORITIZING

are you ready for school?

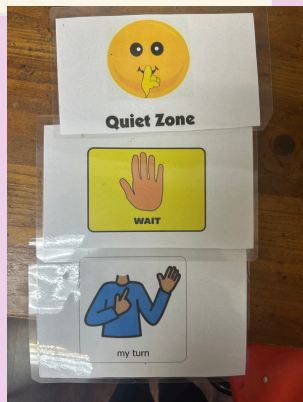
- I am Dressed 
- I ate breakfast 
- I brushed my teeth 
- I put my shoes on 
- I have my homework 
- I have my lunch 
- I have my backpack 

I am ready for shcool!!!!





Fidget toy



Sitting attention useful items:

please click here for the video:
<https://youtu.be/WF3BLJ66d90>

REFERENCES

[HTTPS://WWW.NLM.NIH.GOV/HEALTH/TOPICS/ATTENTION-DEFICIT-HYPERACTIVITY-DISORDER-ADHD](https://www.nlm.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd)
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wobble chair and seat cushion