

# ADHD –Quality First Teaching

## DESCRIPTION

These are children who most of the time have difficulty in paying attention and whose behaviour is overactive and impulsive. ADHD is a medical condition with a medical diagnosis. Treatment may involve medication or behavioural therapy.

## STRATEGIES

- Sit near the teacher, within the class setting and surround with good role models.
- Reduce the amount of changes/disruptions as far as possible.
- Give one task at a time and monitor progress.
- Have pre-established consequences for good and bad behaviour and stick to them. Work with the pupil to determine these.
- Use a timer to measure and extend time on task.
- Allow pupil to scribble, draw, squeeze Blu-Tack whilst you talk – encourage highlighting, underlining.
- Use 'post its' for questions and ideas rather than interrupt.
- Do a stop – 10 second count before hand up/speaking.
- Stay calm and clear if pupil's behaviour is poor.
- Reinforce positive behaviour and establish a system to signal good and bad.
- Control size and membership of any group work – begin with positive peer buddy.
- Give a set time for writing and do not extend into break time – your pupil will need these breaks.
- Use pupil's name and give eye contact before giving instructions.
- Chunk instructions and support with visual cues.
- Check regularly that the pupil is on task.
- Give the student credit for any improvement made.
- Give the student credit for the amount of time and effort spent on work
- Consider marking the student's correct answers instead of their mistakes.
- Keep parents informed about upcoming tests and assignments.