

Educational Psychology

Overview Guide

Support for CYP with Attention needs and/or ADHD

These are all supports that have been found to be of help with children with needs in the areas of attention, hyperactivity and impulsivity.

Organisational Factors

- Increase the structure of the environment and tasks given e.g. using visual markers and timers.
- Use visual back-up of spoken information where possible.
- Write the schedule for the day up on the board so they can see this. Establish routines for regular tasks or problematic portions of the day. Use checklists that the child can tick off as they complete elements of tasks or gather the required materials
- Aim for a minimised distraction environment in terms of extraneous noise
- Using a work station approach.
- Sit near a good role model or teacher where possible
- After lunch/towards the end of the day, have activities that are less demanding of attention.
- Giving specific jobs at times of the day when things seem more chaotic (e.g. during tidying up)

Presentation and management of activities

- Breaking down work into smaller chunks, giving short rewards between each chunk. Rewards should be activities that the child finds manageable and motivating.
- Supporting children to see assignments to the end (they may not complete as many as other children). A time limit could be used to support finishing the assignments.
- Use the child's name to gain attention before giving an instruction.
- Use clear, precise and unambiguous instructions for activities (making sure they are chronological).
- Worksheets – use large types in dark black ink with important words underlined.
- Keep necessary equipment close to hand.

Social and behavioural

- Seek to increase self-esteem building on strengths. Use praise and rewards for appropriate behaviours. Get praise quickly (the window is short for this)
- Establish a few simple positively phrased rules.
- Make a point of interacting frequently both verbally and physically.
- Use opportunities for them to be a group leader. Let them teach other children a skill.
- They may over-attend to activities they are interested in – a light touch may bring them into contact with their environment.