

ASD Family Help

Registered Charity No. 1135718

5 Top Tips - ADHD

ADHD as well as Autism is a neurodiversity condition. Some people can have a dual diagnosis. ADHD is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness.

Young people with **attention difficulties** may have trouble focusing their attention and can be easily distracted. They can find listening and following instructions hard and can make mistakes in school work. They struggle with organising and planning and will often forget or lose something.

Signs of **hyperactivity & impulsivity** are those who struggle to sit still, often fidget constantly, have trouble playing quietly, like to talk excessively and will often blurt out or interrupt. They seem to be on the go all of the time and will act without thinking – this often gets them into trouble with others.

- 1. Understand the ADHD** – Try and find out as much as you can about ADHD and adjust your approach. This will really help you understand that your young person is not deliberately misbehaving. Look for the triggers, what frustrates and overwhelms them. Often they cannot help fidgeting, becoming distracted, forgetting or over reacting with impulsive behaviours. Seek support from those who understand. We hope to run an ADHD workshop soon.
- 2. Executive Functioning Skills (EFS)** – They often have poor EFS – planning, organisation, memory, staying on task and regulating emotions. Focus on one task at a time, and break things down into doable chunks, and be aware of the distractions around you. Remove them if you can – i.e. turn off TV's. Join us on one of our EFS workshops or ask us for our EFS factsheet on top tips in supporting in this area.
- 3. Offer Structure.** With regular routines and structure, they become more familiar with what they need to do. The more you can keep to routines and rituals, the better. Any change simply creates distraction, uncertainty and confusion. Use visual schedules to support them. So they know , Where. How long and When. Build in choice when you can.
- 4. Sensory Difficulties** – Be aware of their sensory difficulties, give them fiddle toys, movement breaks, have a quiet uncluttered space for doing homework and where they can retreat when needed.
- 5. Think about your language** – Be aware of the language you use and how you approach things. **Keep it short and simple (Kiss).** Know when to stop and give them space, when to ignore and how to phrase things. Try and avoid confrontations and develop good negotiating skills.

Remember not just to look after their wellbeing but yours as well. It's important for all of us to have a purpose, get plenty of exercise, connect with others, have a good nights sleep and feel supported.

Please contacted us if you have any questions or feel you need support or would like to have further information on our up and coming events.

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