

Patient information from BMJ

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ADHD: help in the classroom

If your child is diagnosed with attention deficit hyperactivity disorder (ADHD), then it is likely that their progress at school has been disrupted in some way. For example, they may fall behind with their school work or have a hard time adjusting to the classroom routine.

Your child's school and teachers will probably take steps to help your child adapt to the classroom and improve their ability to learn. For example, your child's teacher may be involved in your child's behaviour therapy. Behaviour therapy aims to improve behaviour through a system of rewards for good behaviour.

Your child's school and teachers may also provide some extra help for your child in the classroom. Here are some of the things they may do to help.

- Involve a special education needs co-ordinator. These co-ordinators work with teachers to meet the needs of children with ADHD. This means that your child can stay with classmates but get extra help.
- Involve a specialist teaching service to advise the teaching staff.
- Make special seating areas. Your child's schoolwork may improve if he or she can sit in an area that has few distractions but space to move around in and release energy.
- Give your child extra breaks or special learning equipment such as computers.
- Give your child special instructions so that tasks are broken down into manageable steps.
- Work out a way to communicate with your child in class so that your child doesn't feel picked on.

Ask your child's teacher or a school administrator for more information about how to help your child. You could also contact your local education authority.

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