

Strategies for Working with ADHD children in Schools

Attention Deficit Hyperactivity Disorder (ADHD) can be a challenging condition for children and teachers alike. Here are some strategies you can use to support and empower ADHD children in the classroom.

 by Anton Birgisson

Understanding ADHD

What is ADHD?

ADHD is a neurodevelopmental disorder that affects a child's ability to focus, control impulses, and regulate behavior.

What are the symptoms?

The symptoms of ADHD can include inattention, hyperactivity, and impulsivity. These symptoms can lead to problems in school and at home.

How is it diagnosed?

ADHD is diagnosed through a series of assessments and evaluations. These can include behavioral observations, standardized tests, and consultations with parents and caregivers.

Accommodations in the Classroom

Seat the child near you

Placing a child with ADHD near the teacher can help them stay on task and avoid distractions.

Use visuals

Visual aids like charts and graphs can help children with ADHD understand and remember information.

Break down assignments

Breaking assignments into smaller tasks can make them more manageable for children with ADHD.

Provide sensory breaks

Short sensory breaks can help children with ADHD regulate their emotions and focus their attention.

Organization and Routines

Children with ADHD thrive on structure and routine. Providing clear expectations and consistent schedules can help them manage their time and reduce anxiety.

-John Doe, School Psychologist

Positive Behavior Support



Give positive feedback frequently and in specific terms. For example, "Great job staying on task during reading time!"



Provide incentives for positive behavior, such as a sticker chart or extra free time.



Build relationships with students and show empathy when they struggle.

Collaboration with Parents and Caregivers

Communication methods	Benefits
Weekly progress reports	Keeps parents informed about their child's behavior and academic progress.
Parent-teacher conferences	Provides an opportunity for parents to share concerns and for teachers to provide feedback.
Emails and phone calls	Allows for quick and easy communication about day-to-day issues.

Conclusion and Additional Resources

1 Resources for Parents

The American Academy of Child and Adolescent Psychiatry has a helpful guide for parents of children with ADHD.

2 Resources for Teachers

The National Resource Center on ADHD has a collection of webinars and articles for teachers working with children who have ADHD.

Remember that each child with ADHD is unique, and that it may take time and effort to find the strategies that work best for them. However, with patience, empathy, and a willingness to learn, you can help these children reach their full potential.