

Supporting Littles with ADHD

WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder...

- can have both genetic and environmental origins
- is neurological (can be seen in brain imaging)
- is developmental (affects social behaviour)
- has different types- inattentive type *or* hyperactive/impulsive type, *or* combined
- is associated with the brain's Executive Function (control process and behavioral response difficulty)
- often exists with other conditions, like anxiety, depression, or turrets

ADHD SYMPTOMS

- diminished delay of gratification, therefore persistence/motivation can be a problem
- difficulty working with memory, decreased sense of time
- reduced sensitivity to reinforcement and consequences
- decreased sensitivity to social cues; (which can lead to low self-esteem and confidence)
- can be reactive and have a low tolerance for frustration

COMMUNICATION AND MENTORING TIPS

- Check with your Little to ensure that they understand what you've said
- Information given to them needs to be meaningful, short and direct
- Structure (scheduling activities etc) helps
- Giving frequent reminders helps
- Allow for restlessness and short attention span
- Try to incorporate "breaks" into activities
- Try activities that promote their strengths, successes and skills
- Be flexible and patient
- Use positive reinforcement and encouragement

REMEMBER TO PRAISE THE EFFORT... NOT THE OUTCOME!

This is just a general guideline, remember it is always best to check with the parent/guardian for tips too!

Check out www.adhd.ca for more information and resources