

Bankton Primary School



Support for Parents / Carers of Children with ADHD

All classrooms in Bankton Primary School are ADHD friendly and staff are regularly upskilled in using appropriate strategies to meet the needs of children who have this condition. ADHD is not just challenging behaviour, in ADHD children, parts of the brain don't 'talk' to each other. We aim to meet regularly with parents through Assessment of Wellbeing Meetings, Child Planning Meetings and Reviews to consider what is going well for our ASD pupils and to set next steps. We have strong partnership working with the ADHD outreach service and both the ADHD teacher and the ADHD nurse attend meetings held in school for individual pupils.

First steps

If you think your child might have attention deficit hyperactivity disorder (ADHD), the first step is to visit your child's GP.

If your child is diagnosed with ADHD, you and your health professional can work together to develop a management plan.

Managing ADHD

Managing ADHD in children is about first accepting that your child will behave in challenging ways. But you can work with health professionals to develop a **behaviour management plan**, which can make the behaviour easier to handle.

Developing a behaviour management plan for your child involves getting a balance between what you expect your child to do and what your child actually can do. It's also about setting up a daily routine, clear rules and consequences for your child's behaviour.

To get the balance right, a behaviour management plan might include:

- behaviour strategies, including strategies for the classroom, for good sleep and for healthy eating and physical activity
- support for any other learning, language, movement and emotional problems your child might have
- medication.

The best plans are usually based on sound professional advice that takes into account what suits your child and family. Plans should also consider all aspects of your child's life, including your child's needs and responsibilities at home, at school and in other social settings.

Discussing your plan with your child's family, carers, therapists and teachers will help everyone have realistic expectations of your child's behaviour.

You can also let people know about useful ways to handle your child's behaviour, as well as the things your child finds difficult. And if your child's carers have to give your child medication, they'll need to know how much to give and when.

Strategies Used In School

We are committed to developing good social skills as well as self-help skills for learning in our classrooms. To help with impulsivity to call out in class, pupils are actively encouraged to drink water. Other classroom strategies include:

- Cards / Visual Cues
- Fidget tools
- Built in movement
- Low distraction seating
- Calling child's name before instructions
- Help at the start of lessons to organise thoughts
- Mind mapping
- Chairs to sit on during assembly

Useful Websites for Parents:

Below are some useful websites with advice on all aspects of ADHD for Parents. If you need any further advice, please contact your child's teacher or a member of the management team.

www.wellatschool.org

www.adhadsolutions.org/adhad-school

www.raisingchildren.net.au