



ADD/ADHD



Characteristics of ADHD

What are characteristics that help you recognize a student with ADHD? Behaviors? Attitudes?



Consider some of your ADHD students

What is something that drives you crazy about them?

What is something you appreciate about them?

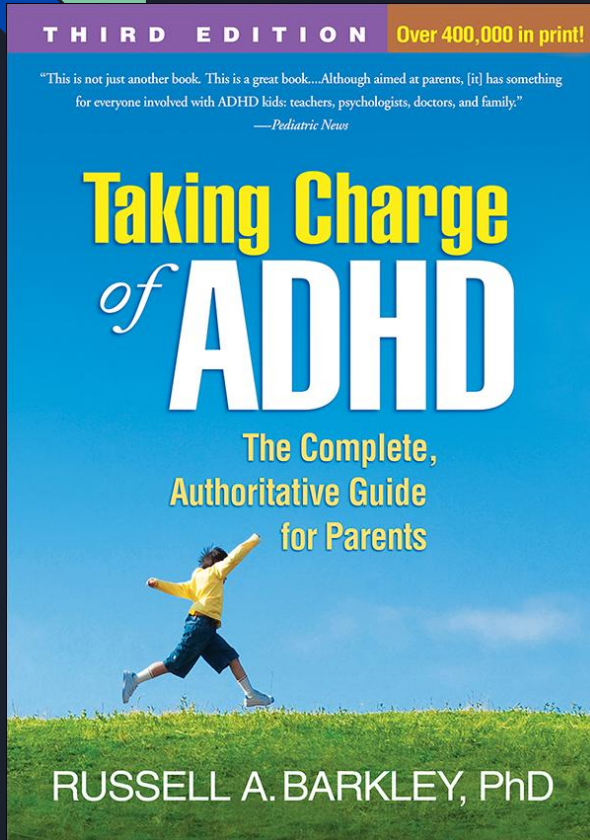


Definitions


any of a range of behavioral disorders occurring, including such symptoms as poor concentration, hyperactivity, and impulsivity

- Don't grow out of it
- More often diagnosed in boys (3x), but likely affects males and females equally
- 4-12% of children are affected

However...ADD/ADHD is much more than attention



- Disorder of self regulation
 - Attention
 - Emotions
 - Reactions
 - Impulse
- “ADHD is not simply that they move about too much, it is that they react or behave to much”
 - Hyperreactive
- Can't vs. won't

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- Brain does not develop at the same as peers
 - Centers for impulse control are not and often do not fully develop
 - Ability to regulate falls significantly behind typical peers
 - Difficulty with executive function which impacts the ability to focus, organize, use working memory, and other executive skills
 - planning/prep
 - Focus
 - completion/memory of tasks



Which creates problems with...

- Peers: impulsive reactions to others can damage relationships
- School: difficulty regulating attention and behavior leads to difficulty with school work
- Parents: an especially high difficulty of impulse control can cause issues within parent/child relationships--especially when child is perceived as lazy



What does this mean for OUR kids?

- More likely to participate in risky behaviors (drinking, drugs, sex, reckless driving, smoking, etc)
- More likely to have long term drug/alcohol issues
- More likely to suffer from low self esteem/depression/anxiety--have much higher highs and lower lows



Video



So...what can we do?

- Learn about ADHD
- Learn about your students with ADHD--identify specific things that are hard for them and help them to learn to cope with their issues
 - Remember that each ADHD student has different problems that can vary dramatically from student to student
- Have set time for specific tasks, give reminders to keep moving
- Be deliberate in showing /telling the student what they should be doing
- Give step by step directions---multi step directions should be written
- Have high expectations--do not allow student to coast because of their disability
- Be aware of students who are on medication--monitor for changes