



1. Acknowledging Behaviours and Repairing Relationships

- **Validate Emotions, Not All Actions:** Help your child understand that feelings are okay, but actions sometimes need adjustment. For instance, say, “I see you’re upset, and that’s okay, but hitting isn’t a safe way to express it. Let’s figure out a better way.”
 - **Encourage Ownership Without Shame:**
 - Avoid saying, “Why did you do that?” which may feel accusatory. Instead, use “What happened?” to help them reflect.
 - Acknowledge their efforts to make things right, e.g., “Thank you for helping fix this—you’re learning to handle tough situations better.”
 - **Provide Opportunities to Repair:**
 - Suggest actions like an apology, drawing a picture, or helping clean up if something was damaged.
 - Use scripts, such as, “It’s okay to make mistakes. What can we do to make this better?”
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2. Supporting Self-Esteem

- **Affirm Their Identity:**
 - Use language that emphasizes their unique qualities, such as, “Your brain thinks in such creative ways, and that’s a gift.”
 - Talk about ADHD in empowering terms, e.g., “Your ADHD means your brain works differently, and we can figure out how to help it work best for you.”
 - **Focus on Effort and Growth:**
 - Praise the process, not just outcomes: “You worked so hard on your spelling practice today. That effort is amazing!”
 - **Celebrate Small Wins:**
 - Keep a “daily wins” journal together to highlight moments they felt proud, helping them shift focus to positives.
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3. Managing Impulsivity

- **Teach Proactive Strategies:**
 - Practice *pause and plan* techniques, such as squeezing a stress ball, counting to five, or deep breaths when they feel impulsive.
- **Use Visual Tools:**
 - Provide visual cues like a traffic light: green for go, yellow for think, red for stop. Encourage them to check in with this before acting.
- **Allow for Movement:**
 - Provide frequent breaks for physical activity, like jumping jacks or bouncing a ball, to help release impulsive energy constructively.



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4. Handling Emotional Regulation

- **Co-Regulation:**
 - When emotions run high, stay calm and supportive. Use phrases like, “I’m here to help you feel better,” to model emotional stability.
 - **Emotion Coaching:**
 - Name their emotions without judgment, e.g., “It seems like you’re feeling really frustrated. Can you tell me more?”
 - **Create a Calm-Down Space:**
 - Design a quiet, sensory-friendly area with items like fidget toys, noise-cancelling headphones, or weighted blankets to help them self-regulate.
 - **Routine Debriefs:**
 - After an outburst, gently revisit what happened when they’re calm. Ask questions like, “What do you think we could try next time?” to foster self-awareness and problem-solving.
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5. Supporting Transitions

- **Visual Timers:**
 - Use tools like sand timers or digital countdown apps to prepare for transitions. Narrate what’s happening: “In 5 minutes, we’ll start getting ready for bed.”
 - **Preview Changes:**
 - Discuss changes to routines or new environments in advance. If possible, visit unfamiliar places ahead of time.
 - **Give Control When Possible:**
 - Offer limited choices to empower them: “Do you want to pack your toys or your clothes first?”
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6. Exam Preparation

- **Focus on Strengths:**
 - Highlight what they’re good at to build confidence going into tests, e.g., “You remember facts really well—use that during the exam.”
 - **Practice Relaxation:**
 - Teach grounding techniques, like 5-4-3-2-1 (naming things they can see, hear, feel, smell, and taste), to reduce anxiety before exams.
 - **Chunk Study Time:**
 - Break revision into small, manageable tasks with rewards for completion, like stickers or extra playtime.
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7. Family Collaboration and Medication Support

- **Involve Them in Decisions:**
 - Ask how they feel about their medication and involve them in discussions with their doctor when appropriate.
 - **Build Medication Routines:**
 - Pair taking medication with another consistent habit, like brushing teeth, to create predictability.
 - **Family Learning:**
 - Teach siblings or other family members about ADHD so they can better understand and support the child.
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Exam and Revision support

1. Breaking Down Tasks

ADHD learners benefit from structured and engaging study activities. Here's how to help them revise effectively:

- **Create a Mind Map:**
 - Pick a subject or topic and encourage them to draw a central bubble with the main theme, branching out to subtopics. Use colours, doodles, or stickers to make it visually stimulating.
 - **Flashcards:**
 - Write a question on one side and the answer on the other. Turn this into a game: how many cards can they answer correctly in 5 minutes?
 - **Quick Fact Sheets:**
 - Ask them to summarize a topic in just five bullet points. Keep it brief and visual with highlighters or diagrams.
 - **Practice Quizzes:**
 - Use apps like Quizlet or create your own. Short, interactive sessions help maintain focus and boost memory.
 - **Post-it Notes Challenge:**
 - Write key facts or formulas on sticky notes and place them around the house. Turn it into a scavenger hunt to review the content.
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2. Time Management Techniques

Help your child organize their time effectively:

- **Pomodoro Technique:**
 - Study for 15-20 minutes, followed by a 5-minute break. Use a timer and let them decide how many rounds to do. After 3-4 sessions, reward them with a longer break or a favourite activity.
 - **Checklist of Tasks:**
 - Break down revision into small, specific tasks, like "Review Chapter 1 of History" or "Practice 5 spelling words." Let them tick off completed tasks for a sense of accomplishment.
 - **Daily Study Schedule:**
 - Stick to consistent times each day and alternate subjects to keep interest high. Include downtime to rest.
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3. Interactive and Fun Learning

Engage their ADHD strengths—creativity, energy, and enthusiasm—with hands-on activities:

- **Act It Out:**
 - Role-play scenarios from history or create actions for remembering sequences like scientific processes.
 - **Build a Model:**
 - Use clay, LEGO, or drawings to recreate concepts like volcanoes, the solar system, or fractions.
 - **Digital Tools:**
 - Introduce learning apps like Kahoot, BrainPOP, or BBC Bitesize for interactive and gamified revision.
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4. Movement-Based Learning

Incorporate physical activity to help them focus:

- **Revision Relay:**
 - Place flashcards across the room and have them run, hop, or skip to retrieve each card before answering the question.
 - **Jump and Spell:**
 - While practicing spelling or math facts, have them jump on a trampoline or do star jumps for each correct answer.
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5. Strategies for Emotional Resilience

Equip them with tools to handle exam stress:

- **Create a "Wins Jar":**
 - Write down small daily achievements (e.g., "Remembered a tricky spelling word") and review them before exams for a confidence boost.
 - **Affirmations and Mantras:**
 - Teach calming phrases like, "I've practiced this, and I'm ready," or, "I am good at solving problems."
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6. Resources for Transitioning into Exam Mode

- **Practice Test Runs:**
 - Simulate exams with a timer and quiet environment to reduce stress on the actual day.
- **Guided Relaxation:**



- Practice 5-4-3-2-1 grounding or deep breathing exercises before starting study sessions or exams.
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7. Additional ADHD-Friendly Revision Tools

- **Technology-Based Tools:**
 - Use tools like Google Keep for creating study lists or Canva for designing visually appealing mind maps.
- **Sensory Breaks:**
 - Incorporate fidget toys or stress balls during study to help maintain focus.



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Resources for Kids with ADHD

1. **ADDISS (The National Attention Deficit Disorder Information and Support Service)**
 - **What they offer:** Child-friendly book recommendations, activity ideas, and strategies for understanding ADHD. They also have resources for schools to create supportive environments for ADHD learners.
 - **Website:** [ADDISS](#)
 2. **YoungMinds**
 - **What they offer:** Resources on managing emotions, understanding ADHD, and navigating friendships. They also have tools for mindfulness and emotional regulation tailored for kids and teens.
 - **Website:** [YoungMinds ADHD Resources](#)
 3. **ADHD Foundation - Umbrella Project**
 - **What they offer:** Child-friendly activities, workshops, and stories about ADHD to empower kids and celebrate neurodiversity.
 - **Website:** [ADHD Foundation](#)
 4. **Childline**
 - **What they offer:** A safe space for children to talk about their feelings and challenges, with online games and tools to help them manage worries related to ADHD.
 - **Website:** [Childline ADHD Support](#)
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Resources for Parents

1. **ADHD UK**
 - **What they offer:** Practical advice, parent workshops, and guides on supporting children through transitions, emotional regulation, and school challenges. They also provide local and online support groups for parents.
 - **Website:** [ADHD UK](#)
2. **Contact (for families with disabled children)**
 - **What they offer:** Guidance on navigating education systems, benefits, and strategies for home life. They also run parent courses and have a helpline.
 - **Website:** [Contact](#)
3. **Parenting ADHD and Autism**
 - **What they offer:** UK-based advice, webinars, and one-to-one support sessions for managing ADHD behaviours and creating routines at home.
 - **Website:** [Parenting ADHD and Autism](#)
4. **The National Autistic Society (NAS)**
 - **What they offer:** While primarily focused on autism, their resources often overlap with ADHD and include guides for emotional regulation, impulsivity, and sensory needs.
 - **Website:** [NAS ADHD Support](#)
5. **Local ADHD Parent Support Groups**

- **Find your local group:** Use the ADHD Foundation's directory or Contact's parent group search tool to connect with others in your area for mutual support and advice.
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Books for UK Families

- *"The Incredible Years"* by Carolyn Webster-Stratton: A guide for parents of children with ADHD, with practical tools for behaviour management.
 - *"How to Parent Your ADHD Child Positively"* by Carolyn Fitzgibbons: Focuses on UK systems and school supports.
 - *"Can I Tell You About ADHD?"* by Susan Yarney: A child-friendly book explaining ADHD in simple terms, great for shared reading.
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Apps and Digital Tools

- **Brain in Hand:** A UK-specific app designed to help children and teens with ADHD manage routines and regulate emotions.
- **MindMate:** A free app offering mindfulness and emotional regulation exercises for young people.