



Be the Best that You can Be

# Cedarwood School

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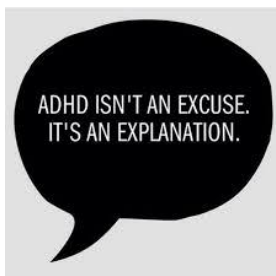


## Attention Deficit Hyperactivity Disorder (ADHD)

Attention Deficit Hyperactivity Disorder (ADHD) is a neurological disorder. It is one of the most common childhood disorders and affects approximately 7% of people. It is characterised by a number of symptoms which are displayed in more than one area of functioning (such as at home and at school).

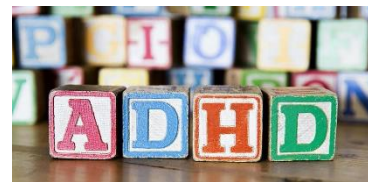
Learners with ADHD experience difficulties with  
(but not exclusive to) the following:

- Time management
- Organisation
- Remembering instructions
- Paying attention
- Managing emotions
- Starting tasks
- Thinking before speaking



ADHD can manifest in the following ways:

- Difficulty organising and prioritising information
- Impulsivity
- Fidgeting
- Excessive talking or interrupting
- Difficulty starting tasks independently
- Difficulty meeting deadlines
- Rushing through assignments or tests
- Need to re-read tasks or have information repeated



Tips for School in General

- Meet/chat regularly with your child's teacher
- Discuss with the teacher and school what your child may need in the classroom setting
- Encourage extramural activities
- Encourage your child to make use of a homework diary
- Find out if your child qualifies for any concessions to assist them during tests and examinations
- Ask your child's teacher to assist them in ensuring they've written down homework and important dates.



CEDARWOODSCHOOL  
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Fundraising Number: 01 101753 000 2  
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## Tips for Maths

- Use graph paper or computer programmes to assist with organisation
- Highlight important symbols or signs
- Make maths relevant day-to-day
- Use practical items to assist with calculations.
- Watch for any careless errors your child makes



## Tips for Reading

- Encourage reading for interest and pleasure
- Use audio books along with written word
- Photocopy chapters so your child can highlight and write notes on what they've read
- Watch the movie version of a book after reading



## Tips for healthy socio-emotional well-being

- Encourage friendships between your child and their classmates
- Encourage your child to join groups that interest them
- Teach your child appropriate ways to interact with others.
- Assist your child in managing their emotions
- Seek therapy or other support if your child struggles in these areas.

## Tips for a Happy Home

- Set up structures on how your child needs to organise themselves
- Assist with to-do lists
- Have a cell phone 'curfew'
- Limit TV or PC/Xbox games
- Encourage rest and a proper bedtime routine
- Try to encourage your child to eat breakfast – especially if they take any medication
- Pick your battles
- Help your child get their school bags ready the night before



## Tips for Homework and Studying

- Have a visible weekly/monthly schedule up somewhere in the house
- Create a space for your child to do homework or to study – help keep it organised
- Help your child study if need be
- Encourage noise-cancelling headphones or white noise to decrease distractibility
- Be prepared to study with your child if need be
- Try to keep a separate set of text books at home in case your child forgets to bring theirs home from school
- Hire a tutor if need be
- Colour code subjects to make homework and collecting of necessary material easier



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