

<u>Attention Deficit Hyperactivity Disorder (ADHD)</u>		Between 2-7% of school aged children [1] 		
<u>Skills you may have:</u> • High levels of resilience • Be creative, problem-solvers • Be perceptive to changes around you • Be adaptive when you need to change how you approach completing a task		<u>Challenges you may face:</u> • Difficulties concentrating • Difficulties being still • Being forgetful or disorganised • Show impulsive behaviours • Appear to show lack of regard for others – this is often a result of changing attention focus and is not to be confused with lacking care for others		
				
Simone Biles World Champion Gymnast	Michael Phelps World Champion Swimmer	Will.i.am Music producer	Emma Watson Actress	Erin Brockovich Activist, Legal Clerk and Environmentalist
All these famous people overcame challenges associated with ADHD and achieved incredible accomplishments and personal ambitions.				
<u>Helpful Tips:</u>		• Offer regular time to move.		

	• Complete work standing up at a desk if it is more comfortable. • Have something to fiddle with when listening (blue tac/sponge) • Practice focusing activities such as yoga/martial arts. • Have a good sleep routine. • Spend time outside in nature or with pets.
<u>Useful Websites (Hyperlinks)</u>	Parents and Carers : ADHD Foundation Attention deficit hyperactivity disorder (ADHD) - NHS (www.nhs.uk) [1] About ADHD ADHD UK • If you have any ongoing concerns about your child, please contact the Special Educational Needs Coordinator at your child's setting (school, college or nursery) or contact your GP for further advice.