

ADHD and your child's school

You may have concerns about how your child will do in school with attention deficit hyperactivity disorder (ADHD). It's important to note that as the number of children diagnosed with ADHD has increased markedly, teachers have learned how to better support the educational needs of such children.

In dealing with a child's ADHD, a team approach often works best—with teachers, parents, and therapists working together.

Develop a behavioral plan collaboratively

You and your child's teacher should discuss the child's needs as soon as possible. Together, you can create an educational environment and structure that allows your child to thrive. Then check in often with teachers to monitor your child's progress.

Tactics that teachers may utilize in order to help your child can include:

- Seating your child away from distractions such as high-traffic areas, windows and doors
- Placing your child's desk near the teacher instead of in the back so they will be more likely to stay on track throughout the day
- Giving your child one task at a time
- Providing extra time for work and tests
- Offering written as well as oral instructions
- Sending your child home with copies of materials discussed in class for additional review

- Sending a daily report card home to update you on the child's performance
- Posting clear rules and expectations
- Accessing special resources such as classrooms that focus on behavior modification, and using specially trained classroom helpers.

Some parent strategies

There are things you can do as a parent to help your school-age child with learning, such as:

- Take extra time to work with your child on his or her homework assignments, or find a tutor to help your child focus on any schoolwork that is more challenging to him or her.
- Talk regularly with your child's teacher regarding the child's progress in order to address any current behavior or learning challenges.
- Consider counseling for your child, which may help your child and family learn to deal with ADHD more effectively.



Access helpful resources

For more information on ADHD, check out the national organization Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD) at www.chadd.org.

This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan does not endorse other resources that may be mentioned here.