Trinity Core SEND Offer: ADHD/ADD

What is ADHD?

- Attention Deficit (Hyperactivity) Disorder (ADHD/ADD)

- A neurodevelopment disorder which may be inherited or as a result of a head injury.

Core Quality-First Teaching Strategies for ADHD/ADD

- Ask for independent work to be calm/silent to reduce distraction.

- Seat student away from distractions

- Use writing frames and/or knowledge organisers to support cognitive load and thinking

- Support time-blindness (poor ability to sense the passing of time) with timers/reminders/predictions

- Help with emotional regulation strategies (see Pupil Profile for personalised details)

- Give clear guidelines: "I expect you to have completed at least.... By...."

Behaviour

- Have high expectations

- Give direct and specific reminders/corrections before issuing behaviour points/sanctions

- Make student aware of what the next consequence will be if expectations are not met

- Remind regularly to track teacher/board

- Give constant positive feedback and narrate good habits/behaviours