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Helping children reach their potential

ADHD Parent Instructions

Fill out the form to help your child's teacher better understand your child's Attention Deficit Hyperactivity Disorder. It is important that you give all 4 pages (the ADHD information sheets and the form) to your child's teacher on the first day of school.

Examples are provided below to make the form easier to complete. Please call or send a portal message if you have questions.

Compensating Strategies: Breaking tasks down, helping or tutoring a peer, shorter assignments test, frequent breaks, hands-on demonstrations, typing instead of writing, one-on-one teaching, visual presentation of verbal material.

Strategies to improve focus: Providing a quiet test environment, stress ball, noise reduction headphones, sitting near the teacher, taking test in a different setting, using an alarm to help with time management, small group testing.

Ways to Reduce Hyperactivity: Have student stand during lectures, use exercise band on the desk legs to help release energy, use a stress ball, asking student to run errands, running laps or jump in place.

Common Impulsive Behaviors: Touching things, interrupting, squirming, fidgeting, daydreaming, failing to recognize boundaries, not raising hand, talking excessively, not reading instructions.

Tasks/Activities That May Be Difficult for the Student to Manage: PE, unstructured activities, walking in line, sudden transitions, substitute teachers, prolonged sitting.

Difficulties in Peer Relationships Often Start With: Interrupting, bossiness, intruding on the personal space or conversations of others.

Problems that May Worsen ADHD Symptoms: Autism Spectrum Disorder (ASD), Anxiety, Depression, not being challenged.

Special Talents Include: Computers, typing, math, reading, art, music, sports.

General Tips: Examples of things your child likes & dislikes, examples of ways your child copes with different situations, anything that calms your child, inform your teacher if behavioral reward systems are in place at home, anything else you want to tell the teacher.