

# Strategies for ADHD Symptoms

ADHD Symptoms	Difficulties:	Strategies to use:
<b>Inattention</b>	<ul style="list-style-type: none"> <li>• Poor attention to details when completing tasks. Makes careless errors.</li> <li>• Difficulties paying attention for longer periods.</li> <li>• Struggles to maintain alertness for activities.</li> <li>• Struggles to follow through on instructions and finish tasks.</li> <li>• Poor organization and planning.</li> <li>• Avoids tasks that require sustained mental effort.</li> <li>• Misplaces belongings. Wastes time looking for belongings</li> <li>• Distracted by internal and external things (thoughts, noises, visuals).</li> <li>• Forgets to do things on a regular basis.</li> </ul>	<ul style="list-style-type: none"> <li>• Create checklists for checking over work. Emphasize accuracy over speed.</li> <li>• Keep activities short or alternate between different types of activities. Take breaks.</li> <li>• Check in more frequently. Keep instructions short and step-by-step.</li> <li>• Break the task down into smaller steps.</li> <li>• Do more tedious tasks when the child is most alert. Provide rewards for completing more tedious tasks.</li> <li>• Have homes for all important belongings. Daily 10 minute tidy.</li> <li>• Reduce distractions, wear ear plugs or headsets and trifolds.</li> <li>• Make to-do lists, use electronic alerts, visuals.</li> </ul>
<b>Hyperactivity (Physical restlessness)</b>	<ul style="list-style-type: none"> <li>• Fidgets with their body or with objects.</li> <li>• Has difficulty remaining seated when it is expected of them.</li> <li>• May have excessive physical energy or physical restlessness.</li> <li>• Difficulty engaging in activities quietly.</li> <li>• Always “on the go”.</li> <li>• Talks a lot.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure regular physical activity on a daily basis.</li> <li>• Allow fidgeting, but provide objects that are not distracting.</li> <li>• Allow regular body breaks and physical movement.</li> <li>• Provide wiggle seats and standing desks.</li> <li>• Alternate activities between those that require sitting and being quiet with those that allow for more movement and noise.</li> <li>• Make sure to listen, but also discuss with the child that others deserve to speak as well.</li> </ul>
<b>Impulsivity</b>	<ul style="list-style-type: none"> <li>• Blurts out answers before questions have been completed.</li> <li>• Difficulties with waiting for their turn (impatience).</li> <li>• Interrupts or intrudes in conversations.</li> <li>• May have quick and intense emotional reactions.</li> <li>• Difficulty with thinking before acting.</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate clear and explicit expectations for behavior at school and home. Be consistent.</li> <li>• Encourage appropriate behavior with praise and reinforcement.</li> <li>• Help the child to use strategies to manage strong emotions. Place a “pause” between the emotion and the behavior.</li> </ul>