



Alameda Middle School

Inspire • Achieve • Excel

ADHD Parents' Event - Summer 2024



Aims of the Evening

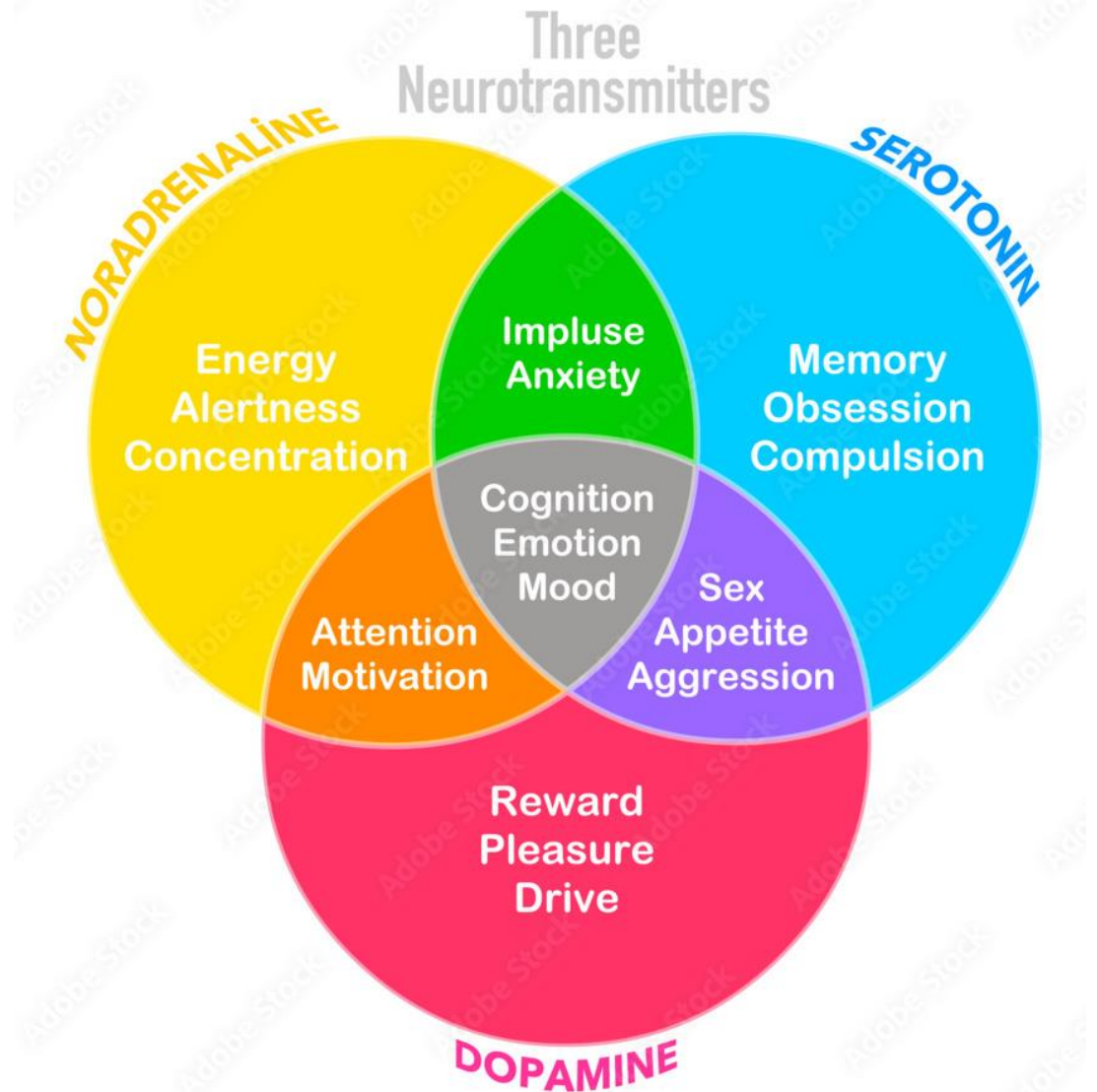
- To have a better understanding of:
- What ADHD is.
- What causes ADHD.
- The symptoms of ADHD.
- How you can help your child with ADHD.
- The diagnosis process.
- Medication.

The Language of Neurodiversity

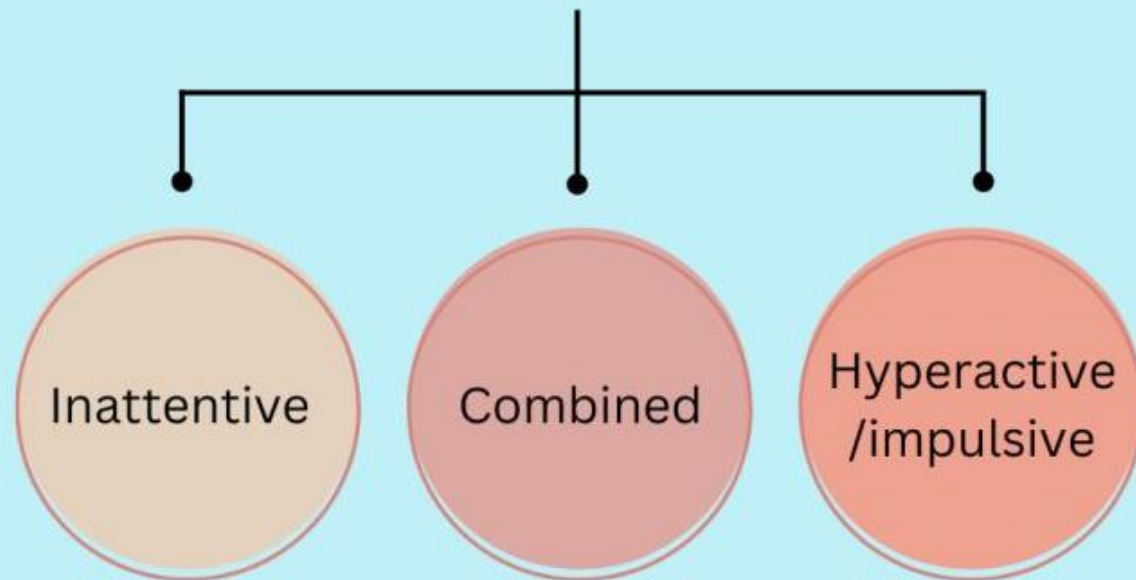
- Neurotypical (typical brain function) – the majority of people.
- Neurodivergent (ASD, ADHD, SpLD etc.) - people with brains that work in a different way from the majority of people
- Neurospicy – a fun word for Neurodivergent
- SpLD Specific Learning Difficulty (Dyslexia, Dyspraxia, Dyscalculia)
- ASD/ASC – Autism Spectrum Disorder/Condition.
- ADHD Attention Deficit Hyperactivity Disorder

WHAT IS ADHD

- ADHD is a complex neurobiological disorder believed to be caused by the malfunctioning of neurotransmitters, specifically dopamine and norepinephrine.



THE 3 TYPES OF ADHD

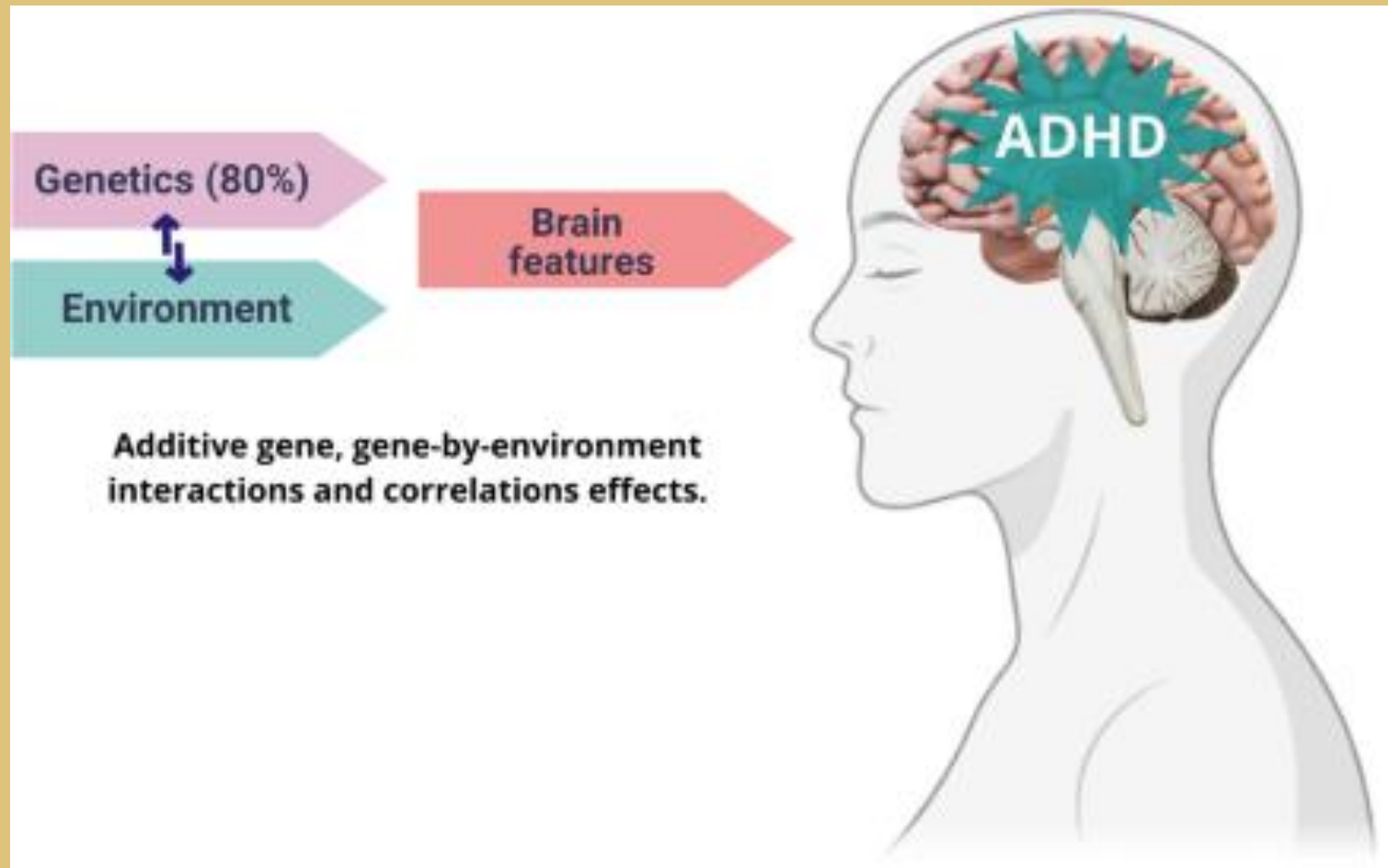


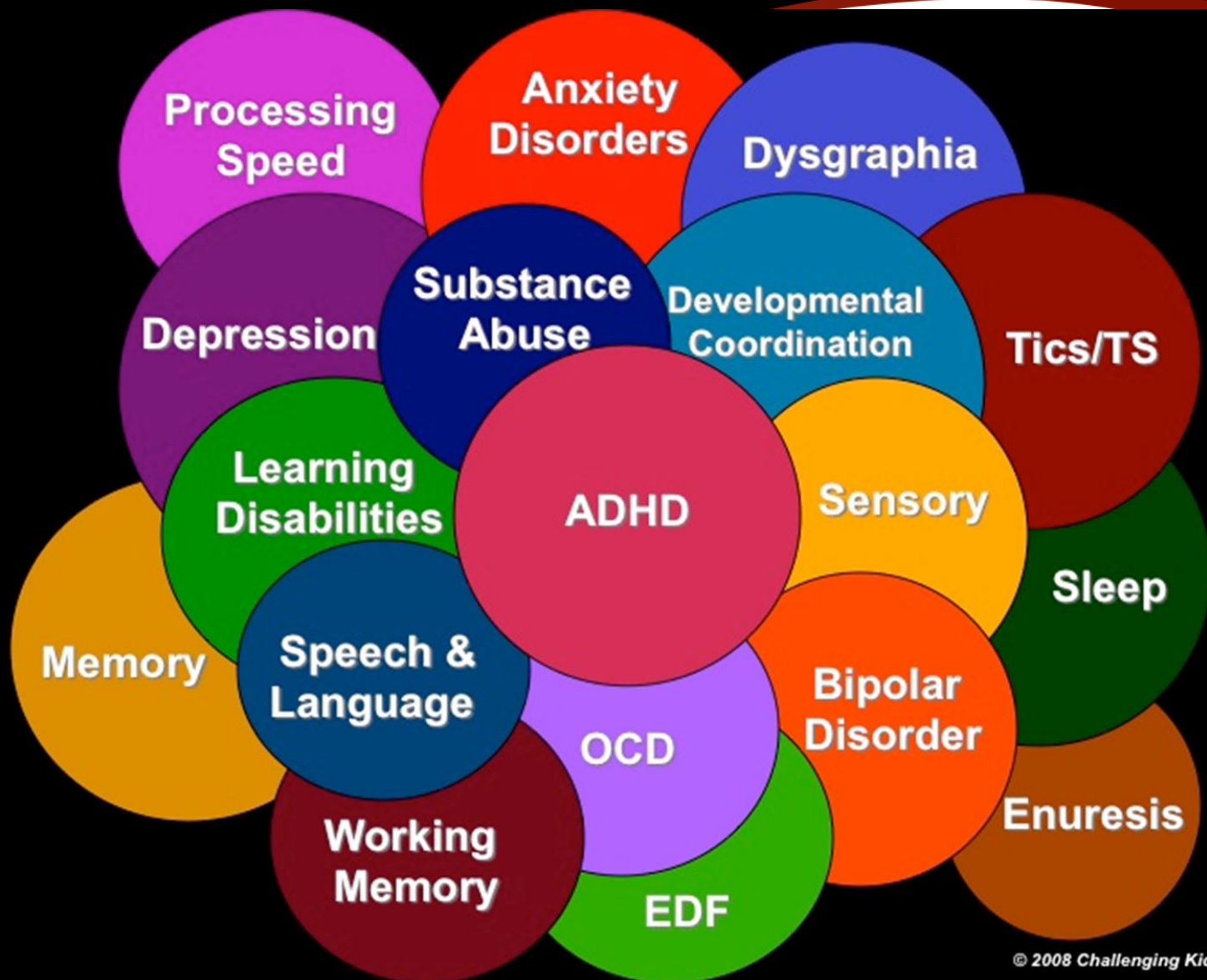
Making careless mistakes, difficulty sustaining attention, struggling with organizing tasks, weak working memory, getting easily distracted, often losing things.

People with combined-type ADHD demonstrate six or more symptoms of inattention, and six or more symptoms of hyperactivity and impulsivity.

A need for constant movement, fidgeting and squirming, struggling to stay seated, talking non-stop, interrupting others, struggling with self-control (& impulses), blurting out answers.

What Causes ADHD





NHS SYMPTOMS LIST

- **Inattentiveness (difficulty concentrating and focusing)**

- The main signs of inattentiveness are:
- having a short attention span and being easily distracted
- making careless mistakes – for example, in schoolwork
- appearing forgetful or losing things
- being unable to stick to tasks that are tedious or time-consuming
- appearing to be unable to listen to or carry out instructions
- constantly changing activity or task
- having difficulty organising tasks

- **Hyperactivity and impulsiveness**

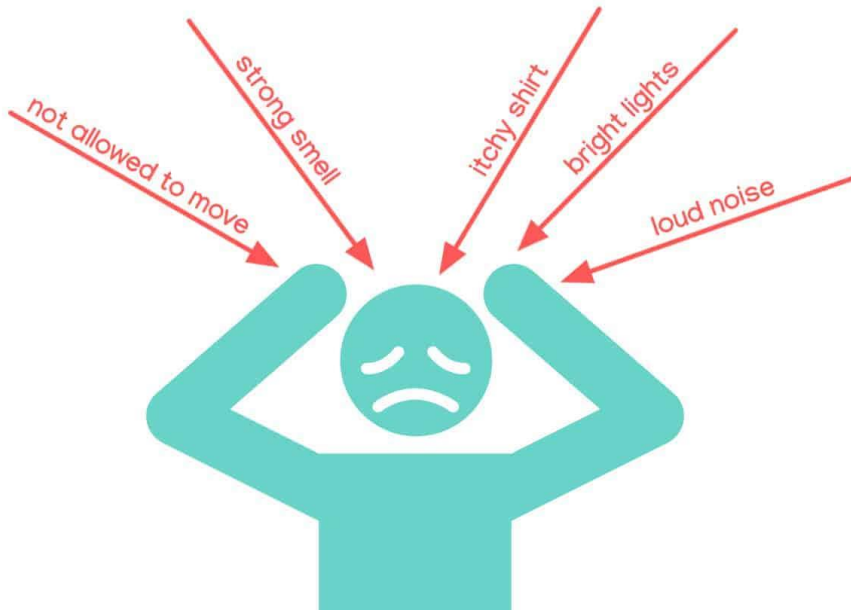
- The main signs of hyperactivity and impulsiveness are:
- being unable to sit still, especially in calm or quiet surroundings
- constantly fidgeting
- being unable to concentrate on tasks
- excessive physical movement
- excessive talking
- being unable to wait their turn
- acting without thinking
- interrupting conversations
- little or no sense of danger

EXECUTIVE FUNCTIONING

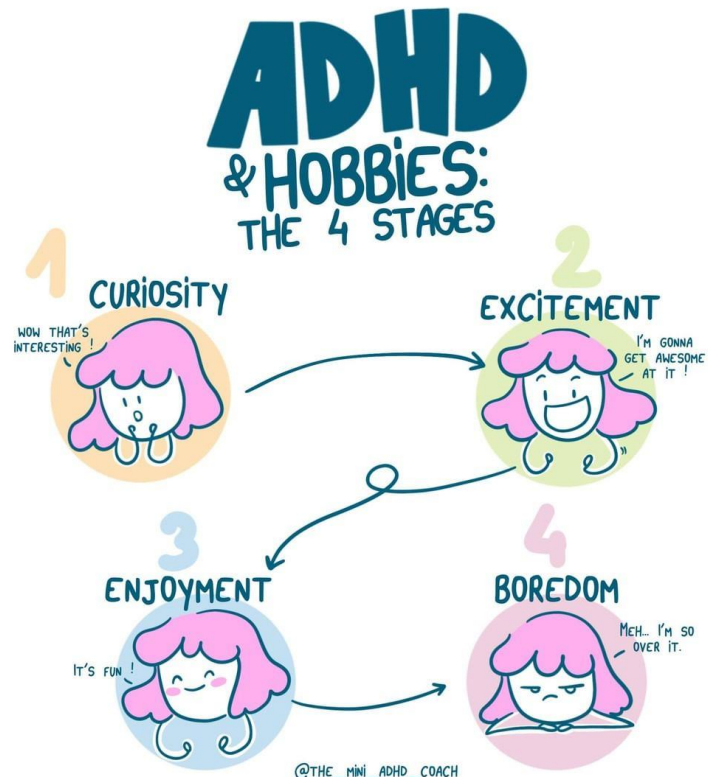


LESS TALKED ABOUT ADHD SYMPTOMS

SENSORY OVERLOAD



ADHD & REJECTION SENSITIVITY



STIMMING



- **Auditory**
- **Visual**
- **Tactile**
- **Verbal**

- ♦ Flapping
- ♦ Biting Chewing
- ♦ Hitting themselves
- ♦ Clicking fingers
- ♦ Tapping
- ♦ Lining up/Stacking toys
- ♦ Computer use
- ♦ Making noises/repeating words
- ♦ Counting objects
- ♦ Looking at objects that move rhythmically



How to really annoy people with ADHD

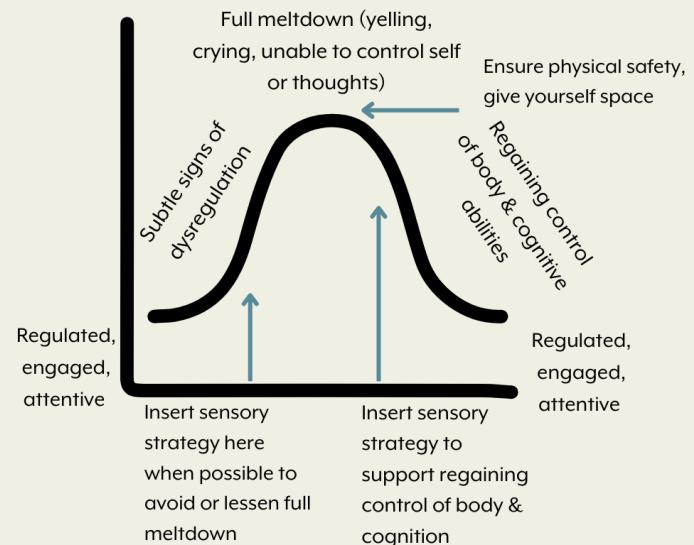
- Why don't you set timers on your phone?
- My brother had ADHD but he's cured now.
- You can pay attention when you want to!
- Everyone has a little bit of ADHD, it's a spectrum.



Overstimulation and Oppositional Behaviours

- Know when to engage and when to retreat!
- Help them understand their ADHD and recognise triggers.
- Emotional literacy.
- Work out what the payoff of the behaviour is.
- You are the parent not the friend.
- Restorative Justice
- ADHD makes conforming difficult, not impossible.

The Wave of Sensory Dysregulation



Diagnosis





Useful Links/ Further Information

<https://www.cambscommunityservices.nhs.uk/beds-luton-community-paediatrics>

<https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page>

<https://www.additudemag.com/>