

What is it



A natural variation in brain development and function.

Strengths

Hyperfocus, where concentration on one thing can last for a long time. Hyperfocus is often when ADHD brains work best.

Mental Health

CYP with ADHD can often experience anxiety and other mental health needs. Emotions can feel bigger, in both positive and negative ways. Sometimes emotions can feel out of control. It's important that those supporting the CYP remain calm.

Medication

Environmental changes and individual strategies can be effective, both with or without medication. ADHD medication can help to 'wake up' parts of the brain. This may assist learning and completion of everyday tasks. However, medication may not be for everyone.

In the UK an estimated



of children and young people (CYP) have ADHD

(National Institute for Health and Care Excellence, November 2022).

CYP may identify with the following characteristics:

- ☉ Concentrate for only a few minutes at a time, unless the topic sparks their interest.
- ☉ Jump in too fast, act on impulse, or interrupt others talking.
- ☉ Appear forgetful, disorganised, distracted.
- ☉ Be more active or fidget more than people around them.

How can you help?

Small changes to the environment can have a big impact.



Give regular movement breaks.



Visual supports can help to remember everyday tasks and keep focused.



Use memory strategies such as writing down key words whilst waiting to talk.



Sensory equipment can help CYP to feel secure. Fidgeting can help with concentration.



Use a journal or diary to slow down and record thoughts when the brain is working too fast.



Early Support is vital



The right, early support can change lives!

