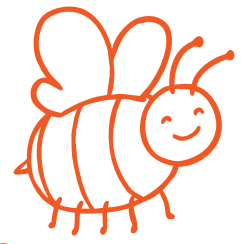


Top Tips

Supporting a Child with ADHD in the EYFS Classroom



- Seat the child away from doors and windows to limit external distractions.
- Say their name out loud at the beginning of anything you want to tell them – that way, you will get their attention.
- Alternate seated activities with those that allow the child to move around the room.
- Whenever possible, incorporate physical movement into lessons.
- Ask children with ADHD to run an errand or do a task for you, even if it just means walking across the room to sharpen pencils.
- Be extremely brief when giving instructions – allow the child to do one step and then come back to find out what they should do next.
- Divide long tasks into shorter segments and allow children frequent breaks.
- Talk through the timetable at the beginning of the day. Children with impulse problems may feel more relaxed when they know what to expect.
- Provide a small toy, or other object, for the child to squeeze or play with discreetly at his or her seat.
- Make sure that they do not miss break times without good reason for doing so; these are great opportunities for prolonged physical activity.

Praise, praise, praise! Recognise good behaviour out loud – be specific in your praise, making sure the child knows what they did right.