

## What Can Be Done To Help With School Success?



Effective collaboration and communication between home and school provide structure across the two major settings in the child's life. Common rewards, reinforcement strategies, and language help to promote consistency across settings.

Collaborative partnerships between home and school were especially important during the initial assessment in order to implement and monitor behavior modification plans, the evaluations of medication, and the coordination of assignments. If the child is taking medication, the teacher can offer feedback to parents regarding how the medication affects the student's performance and the duration of the medicine's effectiveness. This information also can be used to help medical professionals make more informed decisions about the child with ADHD.

### ***Tips for School***

A student with ADHD can present unique challenges in the classroom. Inattention, hyperactivity, or impulsivity can be the source of frustration, but there are ways teachers can help students with ADHD to improve the educational experience and control the symptoms of the disorder. It is important for teachers to be aware of coexisting conditions such as learning disabilities, as well as reinforcing the importance of classroom and instructional structure.

The following are tips for teachers:

### **How to get the most out of academic performance:**

- Keeping a set routine and schedule for activities
- Work on the most difficult concepts early in the day
- Give directions to one assignment at a time instead of directions to multiple tasks all at once
- Vary the pace and type of activity to maximize the student's attention
- Using a system of **clear rewards** and **consequences**, such as a point system or token economy e.g (stamps, stickers, a jar of marbles can be used to earn extra computer time, doodle time, recess time)
- Verbally **praising "on task"** behaviour vs. reprimanding "off task" behaviour
- Encouraging students to pause a moment before answering questions
- Keeping assignments short or breaking them into sections

### **Keeping classroom surroundings positive and manageable:**

- Structure the student's environment to accommodate his or her special needs. For example, the student can be seated away from potentially distracting areas (such as doors, windows, computers, fans etc.) or seated near another student who is working on a shared assignment
- Seating the child near the teacher
- **Using small groups for activities**
- Using a system of clear rewards and consequences, such as a point system or token economy (have pictures of the rewards taped to the desk)

### **Encouraging a Positive Relationship between school & home:**

- Sending daily or weekly report cards or behavior charts to parents to inform them about the child's progress
- Establishing a specific time that you can speak regularly by telephone or email

**Recess & Lunchroom Success Tips:** ADHD children need recess time to be active - it can also be a time when they run into trouble due to the lack of structure - **try not to take recess time away!**

- Close supervision
- Set up a "play buddy"
- Provide some structure – suggest certain games (deck of cards, Jenga game, Connect "4") - give outdoor deck of cards, Jenga game, Connect "4" equipment to be used such as a balls, hula hoops, skipping ropes etc.

### **Books related to ADHD and School:**

1. How to Reach and Teach ADD/ADHD Children: Practical Techniques, Strategies, and Interventions for Helping Children with Attention Problems and Hyperactivity - Author: Sandra F. Rief
2. Teaching Teens with ADD and ADHD - Author: Chris Zeigler Dendy