

Characteristics of ADHD

According to the American Psychiatric Association, diagnosis of ADHD requires that the following behaviors occur frequently for at least six months in at least two settings. Onset of symptoms occurs before the age of seven.

Inattention (at least six)

- Makes careless mistakes, inattention to detail
- Has difficulty sustaining attention
- Does not seem to listen
- Does not follow through on instructions
- Has difficulty organizing tasks
- Avoids tasks that require sustained mental effort
- Loses things necessary for tasks
- Is easily distracted
- Is forgetful in daily activities

Hyperactivity/Impulsivity (at least six)

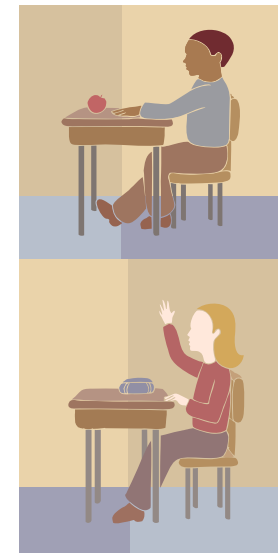
- Fidgets or squirms in seat
- Leaves seat in classroom
- Runs or climbs excessively in inappropriate places
- Has difficulty playing quietly or engaging in leisure activities
- Is “on the go”
- Talks excessively
- Blurts out answers before questions are finished
- Has difficulty awaiting turn
- Interrupts or intrudes on others

Resources

- CHADD
(Children with Attention Deficit Disorders)
8181 Professional Place,
Suite 150
Landover, MD 20785
Telephone: 301-306-7070
Fax: 301-306-7090
www.chadd.org
Contact CHADD of Greater Baltimore
Telephone: 410-377-0249
- Learning Disabilities Association
4156 Library Road
Pittsburgh, PA 15234
Contact LDA of Maryland
Telephone: 410-821-7010
www.ldmaryland.org
- Maryland State Department of Education
200 West Baltimore Street
Baltimore, MD 21201
Telephone: 410-767-4420
Fax: 410-333-8148
www.attentionmaryland.org
- Evans, James. The Uncommon Gifts.
- Hallowell, E. and Ratey, J. Driven to Distraction.
- Ingersoll, Barbara. Daredevils and Daydreamers.
- Levine, M. Keeping Ahead in School.
- Parker, L. Hyperactivity Workbook for Parents, Teachers, and Kids.
- Phelen, T. 1, 2, 3 Magic.
- Silver, L. B. The Misunderstood Child.
- Ziegler Dendy, C. A. Teenagers with ADD: A Parent's Guide.

HELPING TEACHERS UNDERSTAND THE CHILD WITH ADHD

(Attention Deficit Hyperactivity Disorder)



Baltimore County Public Schools
2006

Who has ADHD?

ADHD is a treatable, complex disorder that affects approximately 4 to 12 percent of the school-age population. Two to three times more boys than girls are affected. On average, at least one child in every classroom in the U.S. is affected by this disorder. ADHD often continues into adolescence and adulthood, requiring lifelong physical and emotional adjustments.

www.attentionmaryland.org, July 2005

www.aap.org, July 2005



Teacher Tips

- Seat students near the source of instruction.
- Use positive reinforcement to build self-esteem.
- Use direct eye contact (A MUST).
- Use silent signals to curb disruptive behavior.
- Respect student's unique views.
- Employ behavior modification techniques and progress sheets.
- Respect and develop student's special learning styles.
- Provide opportunities for student to regroup but avoid time outs, if possible.
- Understand student's impulsiveness and exaggerated emotions.
- Make generic reminders to the class for inattentiveness.
- Avoid criticism in front of peers.
- Ask student one-to-one what will help his problem areas.
- Create an atmosphere of a new beginning each time the student enters your class.
- Establish a structured environment.
- Explain how to make up work; establish a folder system.
- Be as flexible as possible; adapt lessons, assignments, and tests.
- Separate child from the behavior.
- Consult with other school staff.
- Refer to Student Support Team.

Parent Communication

- Maintain frequent and positive contact with parents.
- Work together with the parents in a team relationship on all issues.
- Notify parents/guardians immediately of any problems associated with their child.
- Work with parents/guardians. Most often, parents are open to suggestions and willing to try new ideas.
- Listen to parents/guardians. They have important information about their child that we need to consider.
- Understand parents'/guardians' high level of anxiety and concern about their ADHD child. Don't misinterpret frustration as a personal attack on the teacher.
- Understand the parents'/guardians' frustration with getting the ADHD child to do lengthy homework assignments.