



Help me with my ADD/ADHD please!

« What you need to know »



MY NEEDS

- I need you to understand my disorder.
- I need you to provide structure and encouragement.
- I need you to stand by me.
- I need you to have realistic expectations of me.

If I'm a boy...

- I am more often hyperactive, but I also have difficulty paying attention (staying focussed).
- In order to hide my difficulties, I tend to act like a clown.
- Very often, because of my challenging behaviours, I am closely monitored.
- I am a poor loser.

If I'm a girl...

- I am frequently in the moon.
- I am a pleaser.
- Social relationships are very important to me and I would be negatively affected if you isolate me.
- Often I work hard at school, thus the symptoms of my ADD or ADHD are more apparent at home.
- My agitation is often manifested verbally.

If I succeed academically, I am at risk that you will not notice my ADD or ADHD.

Signs of hyperactivity / impulsivity

- I often shake my hands and wiggle in my chair.
- I often get up when I have to stay sitting down.
- I run or climb things when I am not supposed to.
- I frequently have difficulty keeping calm even when playing games or doing recreational activities.
- I am often on the go or I move as if I am on a spring.
- I often talk a lot.
- I often let out a response even when the person has not finished asking the question.
- I frequently have trouble waiting for my turn.
- I often interrupt others during a conversation or when playing games.

Signs of attention difficulties

- I frequently have trouble paying attention to details and make mistakes due to carelessness.
- I often have trouble sustaining my attention when I work or even when playing games.
- When someone is talking to me, it seems like I am not listening.
- I often do not comply with instructions and do not finish my school work or my chores.
- I have difficulty organizing my work and activities.
- I do not like tasks that require a sustained mental effort.
- I lose a lot of stuff.
- I am easily distracted by external stimuli.
- I frequently forget things.

To determine if I have ADD or ADHD or another difficulty or disorder, you must: conduct a comprehensive evaluation by observing and recording my behaviours (signs and symptoms) for a certain period of time, by modifying your intervention strategies, and by collaborating with other professionals. In addition, you must inform my parents regarding my abilities and needs at school.

Possible consequences of my ADHD

- I may have low self-esteem given that I am often reprimanded and the fact that despite my efforts, I, sometimes, do not succeed.
- I may be sad, anxious or be aggressive since it is not always easy for me to identify, understand, or express my emotions constructively.
- I can sometimes invent stories in an effort to hide that I forgot something, or to be seen as interesting.
- I am more at risk of having accidents or being hurt.
- It is not always easy for me make friends or to keep my friends. Sometimes I isolate myself.
- My behaviours can elicit a lot of tension in my family.
- During adolescence, I am more at risk of developing a substance use problem, especially if my ADD or ADHD was not diagnosed or treated. If I am a girl, I am at higher risk of manifesting signs and symptoms of an eating disorder.

What the research says :

- It is not my fault that I have ADD / ADHD; it is hereditary and neurological.
- Sometimes, one of my parents also has ADD / ADHD.
- I will always have ADD / ADHD, even if the symptoms diminish.
- The most effective treatment approach is a combination of medication and psychosocial and educational interventions.
- Very frequently, some of the symptoms of ADD or ADHD are present before 7 years of age.
- Currently, there is no evidence to indicate that diet has an effect on ADD or ADHD.
- The results of a few studies have indicated that the use of Omega 3s has an effect if the ADD or ADHD is mild or moderate.
- My ADD or ADHD is not caused by a poor upbringing or a bad education.

Help me with my ADD/ADHD please!

STRATEGIES TO HELP ME

Please record the modifications on my IEP.

When writing an exam, I may need extra time ; sometimes as much as 1/3 longer than the time limit.

Ways to reduce agitation and impulsivity	Ways to help me focus
<ul style="list-style-type: none"> • Place my desk so that I won't disturb others and/or where there are few distractions. • Please allow me to: sometimes work standing up, run some small errands, sometimes work in a corner of the classroom, use tools such as an anti-stress ball or an exercise ball. • Please give me only one instruction at a time and allow me to finish it before giving me a second instruction. • Please do not talk to me excessively. • Please break down my work into small steps. • Please teach me new and / or complex material, if possible, in the morning. • Please alternate calm activities with stimulating activities. • When I behave well, please encourage me and provide me with positive feedback. • Please adapt your requests according to my abilities. • Please choose your battles and ignore what is not a problem. • Please try and not make me wait. Please allow me to speak as soon as possible when I raise my hand. • Please set a time limit for me to do my work and let me know when the time is up. • Please allow me to use colouring pencils or to listen to music using headphones. • Please show me how to effectively use my agenda. • Please remind me to speak slowly so that I will be able to communicate my thoughts coherently. • When working in a group, please put on background music. • If I have to work in a group, please provide me with instructions on what I have to do. • Please teach me, explicitly, and repeatedly, how to correctly behave. 	<ul style="list-style-type: none"> • Please ask me questions • Please call me by name to get my attention. • Adjust your tone of voice. • Please give brief, clear instructions that go straight to the point. • To communicate with me, please use a signal or a gesture. • Please ask me to repeat what you told me to do to make sure that I understood. • When I look lost, please show me how to ask for help. • Please point out when I am focused and paying attention. • Please limit the amount of posters, especially posters with a lot of material, as well as objects that constantly move. • When I have to work on something that requires me to pay close attention, please place a carton, as a divider, on my desk. • To help me orient myself, please post the daily schedule as well as use pictograms. • Please place me near a classmate who can serve as a positive role model. • Please allow me to use the computer to complete my work. • Please use a cardboard "window" to facilitate my reading.
<p><i>In order to compensate for all the times that you have to reprimand me, please encourage me often and notice my successes, however small they may be!</i></p>	
<p>PLEASE REMEMBER THAT I VERY OFTEN MAY EXHIBIT BOTH IMPULSIVITY AND DIFFICULTY PAYING ATTENTION</p>	



BOOKS

VINCENT, A., *Mon cerveau a besoin de lunettes*, Librairie médicale et scientifique
 NADEAU, K. et DIXON, E., *Champions de la concentration*, Éditions Enfants Québec
 SYLVESTRE, C. *Le trouble du déficit de l'attention et l'hyperactivité à l'école*, Éditions Grand Duc



WEBSITES

CADDRA : <http://www.caddra.ca/cms4/>
 PANDA ASSOCIATION : <http://www.associationpanda.qc.ca/>