

 adhdfoundation.org.uk

 54 St. James Street, Liverpool, L1 0AB

ADHD - Spotting the Signs

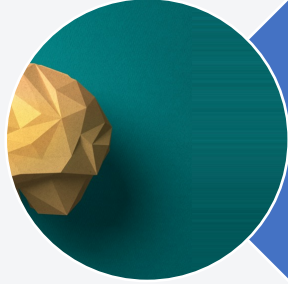
Witherslack Group

Arron Hutchinson





Session Aims



Understand what ADHD is/isn't



Explore the impact on executive functions, emotional regulation, sleep and diet



Explore a variety of support strategies



What is ADHD?

A neurodevelopmental condition

Inattention

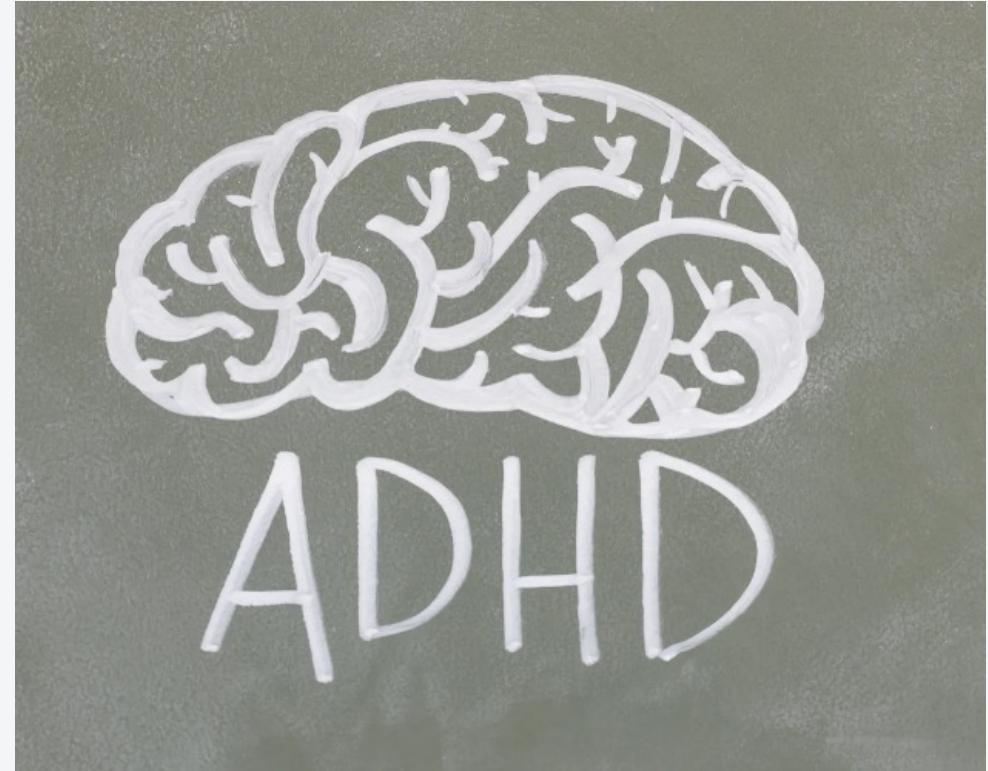
Impulsivity

Hyperactivity

Affects executive functioning








Affects emotional regulation

Can impact sleep, diet and sensory processing





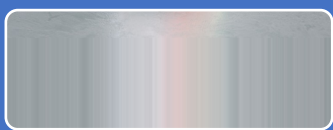
Positives of ADHD

-  Quick-thinking
-  Spontaneity
-  Energetic
-  Enthusiasm - hyperfocus
-  Problem solving
-  Creative thinking
-  Insightfulness

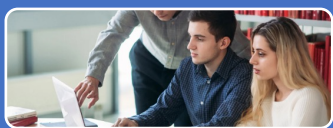




ADHD Mythbusting



It is not linked to IQ



It does not affect more boys than girls



It is not 'Naughty Child Syndrome'



It is not over-diagnosed



It is not over-medicated



Supporting ADHD doesn't make their life "too easy"





A

D

H

D





Attention Deficit Hyperactivity Disorder





Attention Dysregulation Hyperactivity Condition





Dr Ned Hallowell

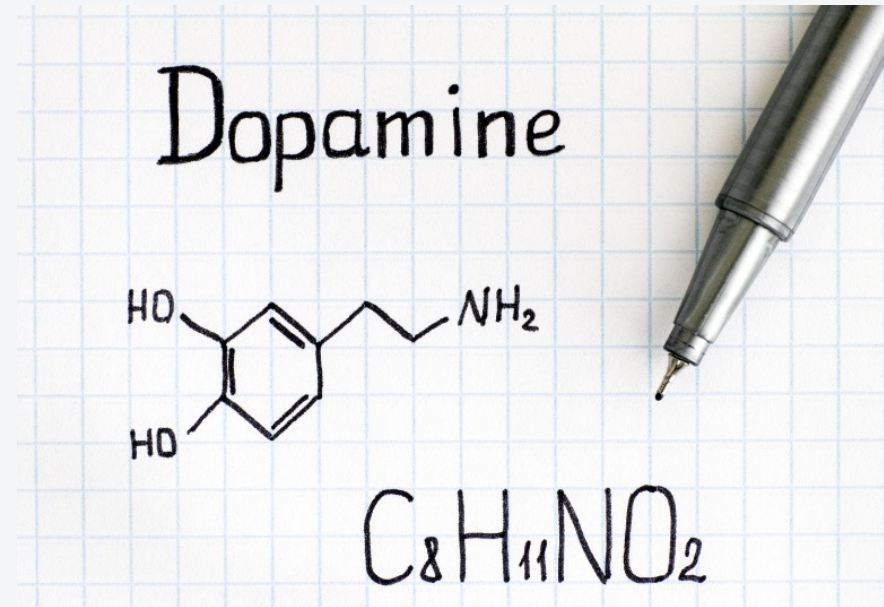


Dopamine and ADHD

Dopamine is our pleasure/reward-based neurotransmitter.

ADHDers can have a deficiency in the neurotransmission of dopamine within the synapses.

This can affect motivation and behaviour



<https://www.additudemag.com/brain-stimulation-and-adhd-cravings-dependency-and-regulation/>



Diagnostic Criteria - Inattention

Fails to give close attention to details

Has difficulty sustaining attention in tasks or activities

Does not seem to listen when spoken to directly

Often fails to follow instructions

Has trouble organizing tasks

Avoids tasks that require sustained mental effort

Forgets things which are needed to complete a task

Makes careless mistakes in written work

Consistently loses things

Often forgetful





Diagnostic Criteria - Hyperactivity

Fidgets with hands or feet or squirms in seat

Often out of seat

Runs or climbs when not appropriate

Often feels restless

Unable to work/play quietly

Often seems to be "on the go" or "driven by a motor."

Excessive talk





Diagnostic Criteria - Impulsivity

Blurts out answers prematurely

Cannot wait

Difficulties with turn-taking

Seems to act without thinking

Often impatient

Interrupts or intrudes on other activities/conversations

Struggles with tasks that require stillness and patience

Risk taking





Presentations of ADHD

Predominantly
Hyperactive/Impulsive
Type

Predominantly
Inattentive Type

Combined Type



Math Video



Star Wars



**Same Student
10-Minute Timelapse**



Movement and Exercise

Allow fidgeting/movement while working

Change up the exercise regime and keep it fresh

Give physical jobs to do

Green space can have a positive impact

Use timers

Incentivise with rewards

Fitness trackers

Exercise releases dopamine





Impulse Control

Post-its, notebooks for verbal impulsivity

Role-play situations

Resistance bands, stress balls etc.

Agree on non-verbal cues

Relaxation and meditation

Games - snap, jenga





Focus and Attention

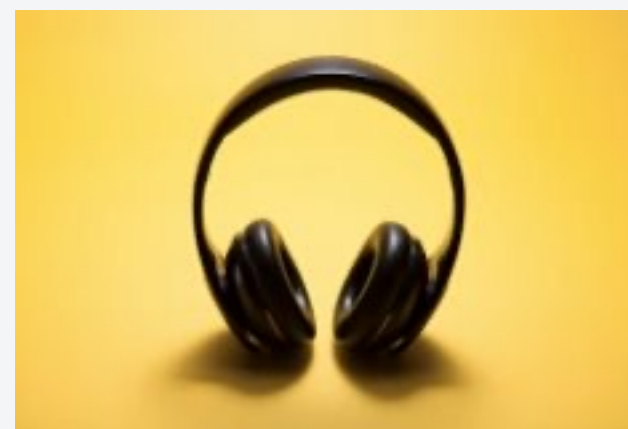
Break tasks and instructions into smaller pieces

Use to-do lists when they need to sustain attention

Take intermittent breaks - chunking time

Praise and encouragement

Foster interest

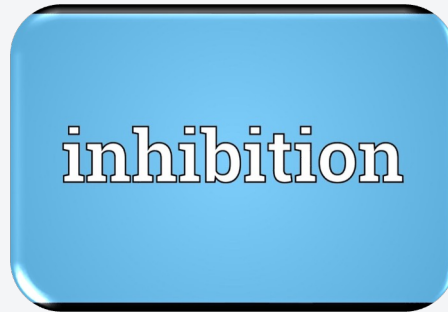


Executive Functions

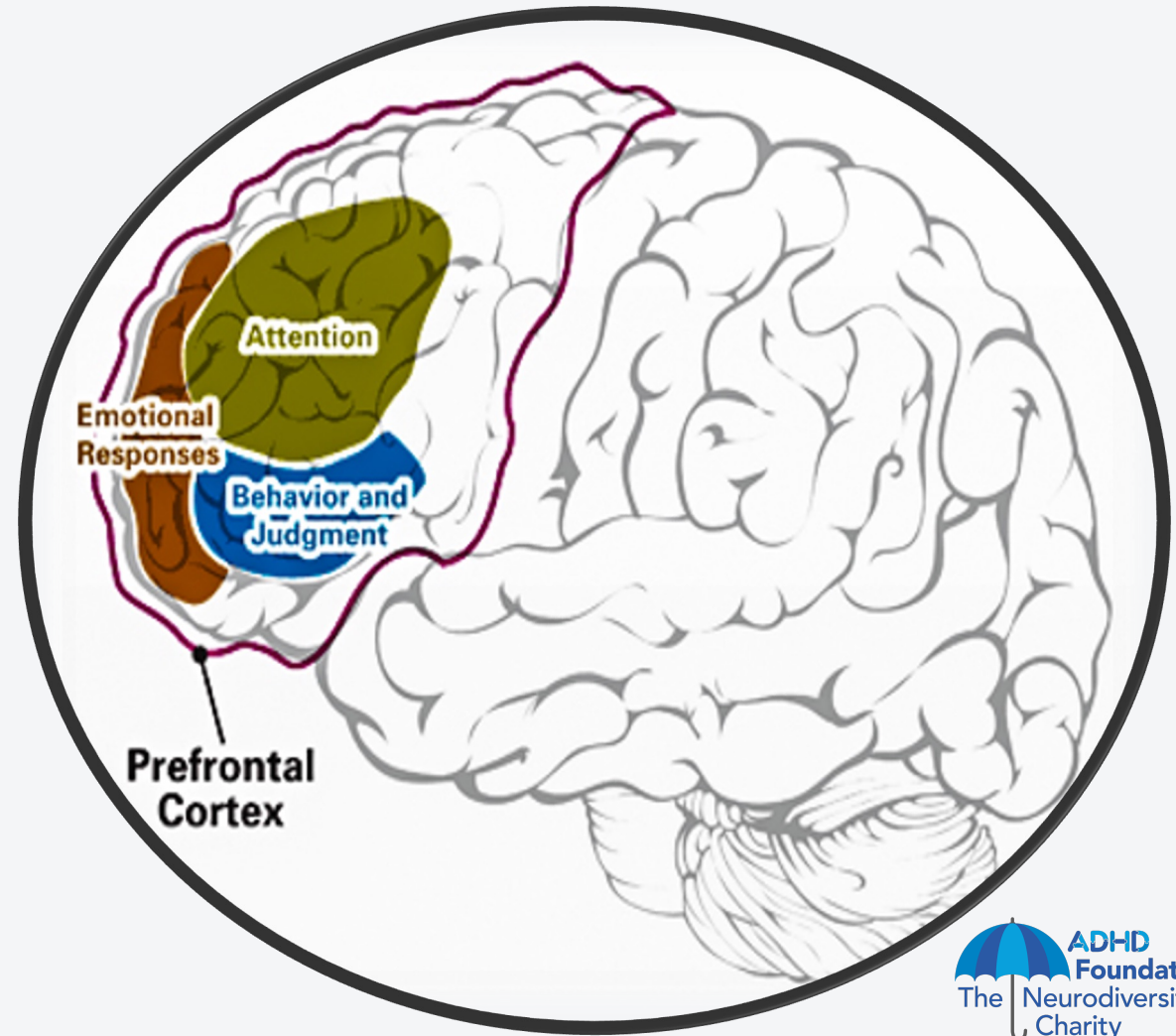
Two Major Components

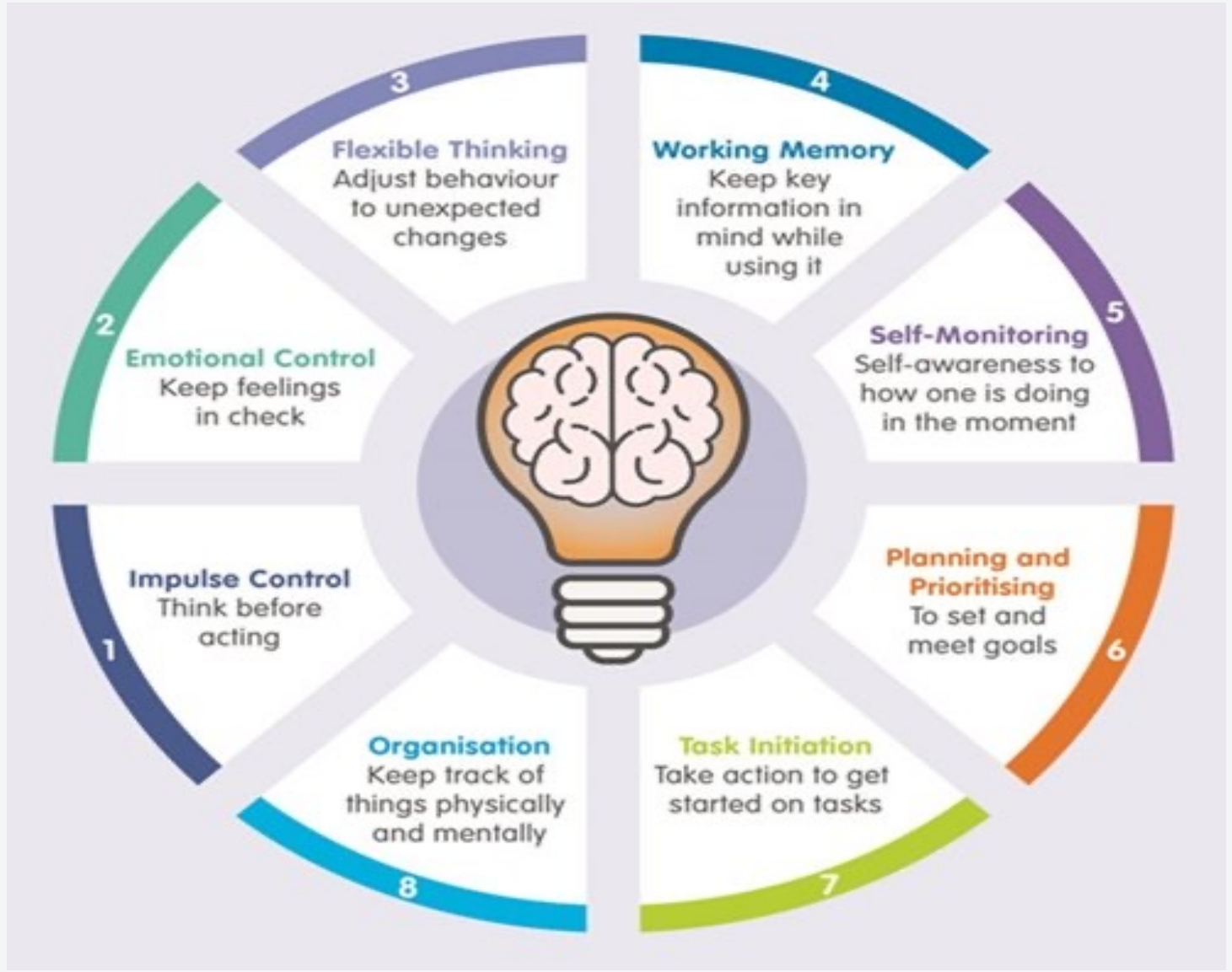


The ability to organise your own thoughts to support goal focus.



The ability to regulate emotions and behavioural responses







Executive Functioning Support

To-do lists (Todoist, Lists To Do, MinimaList)

Physical reminders - e.g. getting clothes out the night before

Allow processing time

Digital timers and clocks - 360 thinking.

Follow up verbal instruction with written instruction

Recording devices

Instant rewards

Stick to routines where possible

Visual timetables ([Brilli Routines](#))

Create a specific routine that always follows a favourite activity





Sleep and ADHD

Many with ADHD can have issues with sleep

Falling asleep - difficulties 'switching off'

50% of CYP with ADHD can struggle to fall asleep by age 12

Restless sleep - constantly waking, moving constantly

Difficulty waking up and irritability

Medication can affect this

Co-occurring anxiety can also affect this





Sleep Tips

Daily exercise

Screens off an hour before bed - limit blue-light exposure

Create a routine and involve the young person in this

Consider the sensory environment - black-out curtains, sensory projectors, white noise, nature sounds

Journaling before bed ([Daylio](#))

[Keep a sleep diary](#)





Diet and ADHD

Picky eating due to sensory differences

Craving foods high in sugar or processed carbs

Suppressed appetite

Short-term reward vs long-term reward





Diet Tips

Good foods for ADHD

Introduce new tastes and textures gradually

Involve them with meal planning and prep

Try to avoid blanket bans - instead teach when and where

Find creative outlets for energy to avoid overeating

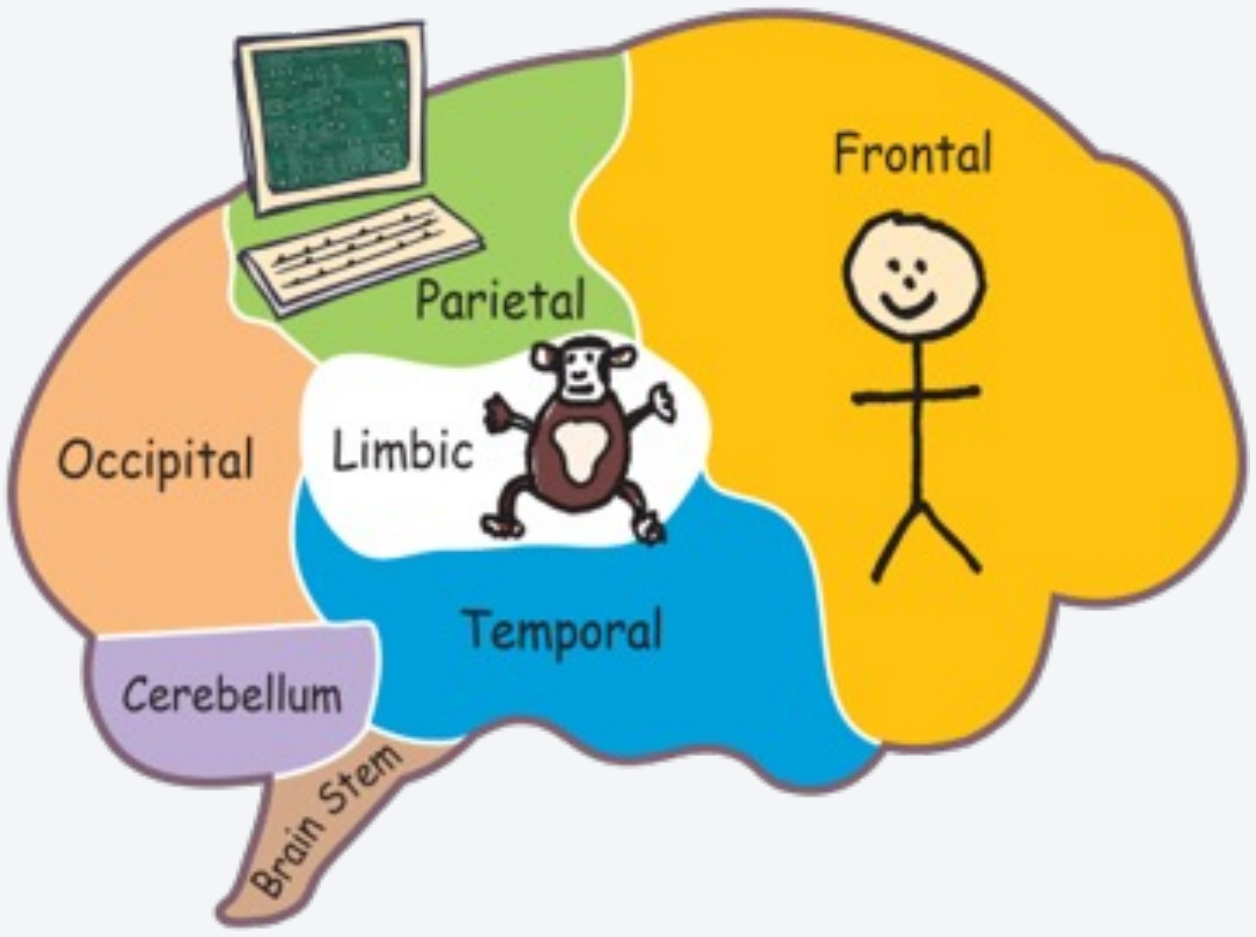
Provide options where possible

Display boards to avoid surprises





The Chimp Brain - Limbic System



Dr Steve Peters
 CREATOR OF THE **GROUNDBREAKING** MIND MODEL



The **MIND MANAGEMENT**
 Programme for
 Confidence, Success and Happiness





Rejection Sensitive Dysphoria

Constantly looking for signs of rejection

Expecting rejection

Intense emotional responses to any indication of rejection

Taking rejection extremely personally



Up to 99% of teenagers and adults with ADHD identify as being more sensitive than usual to rejection. 1 in 3 say it's the hardest part of living with ADHD. (Additude 2020)





The Emotional Curve

Breakdown
Loss of
rational thinking



Behaviours increase -
Rational
thought decreasing



Recovery -
Rational thought
increases

Calm -
Thinking rationally

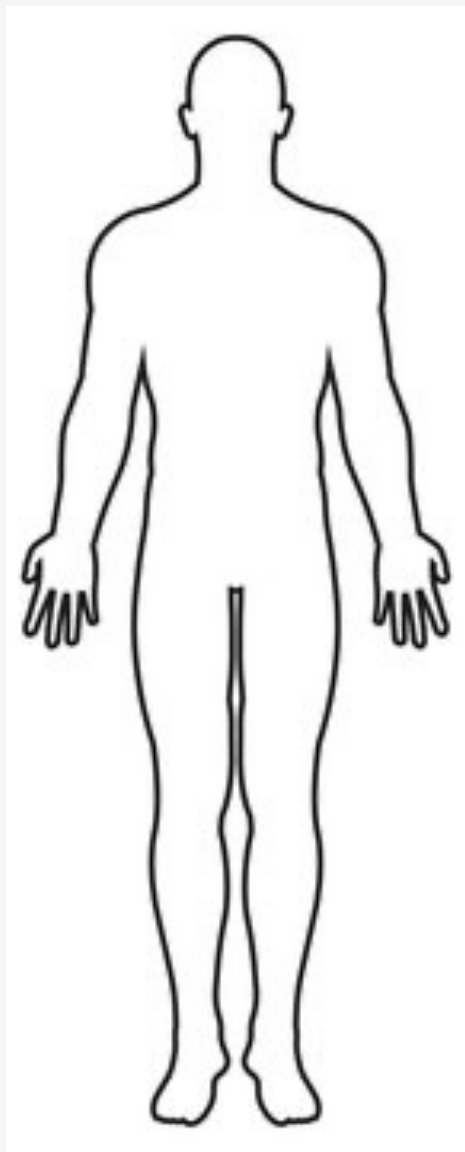


Calm -
Thinking rationally





Recognise



Where in your body do you feel it?





Regulate - Relaxation



Take 5 breathing



Belly breathing



Square breathing



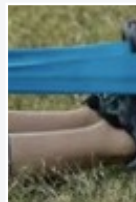
Apps ([Headspace](#),
[Calm](#), [MoveMood](#),
[ClearFear](#))



Regulate - Grounding



Weighted resources



Resistance bands



Stress balls



Dumbbells



Homemade resources



Tense and relax



Count the colours

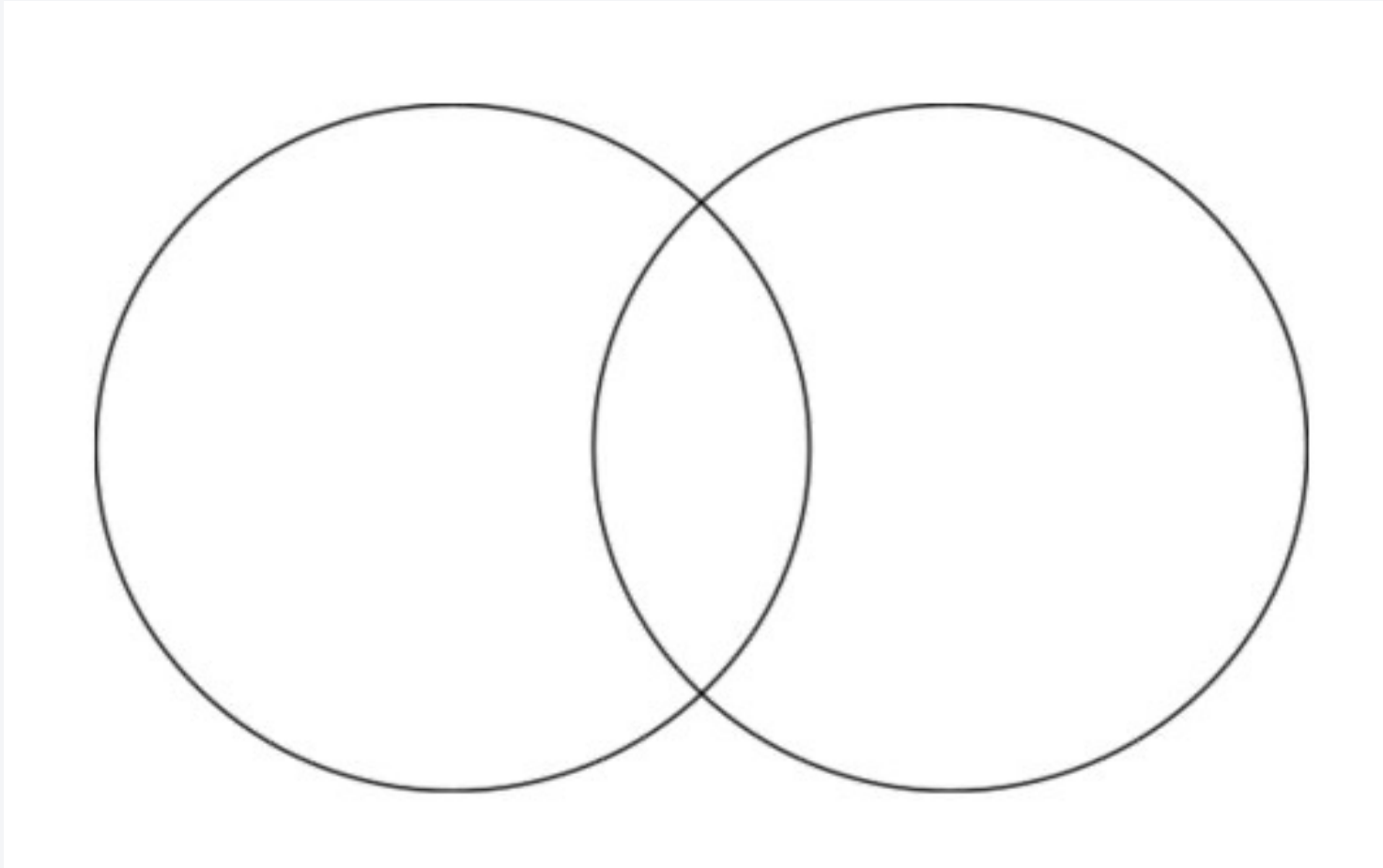


Count down from 5



Reflective Resources

<https://www.elsa-support.co.uk/category/free-resources/>





Mood Diaries





Other Techniques

Count the colours

Go to 'happy place'

Count down from 5

Think of something funny



Google
'Cards
Against
Anxiety'







Remember the Positives





[Signposting](#)

[ADHD Foundation](#)

[ADDitude Magazine](#)

[How to ADHD YouTube](#)

[National Autistic Society](#)

[British Dyslexia Association](#)





Further Resources

[ADHD in Education Booklet](#)

[ADHD for Parents Booklet](#)

[ADHD in Adults Booklet](#)

[ADHD for Teenagers Booklet](#)

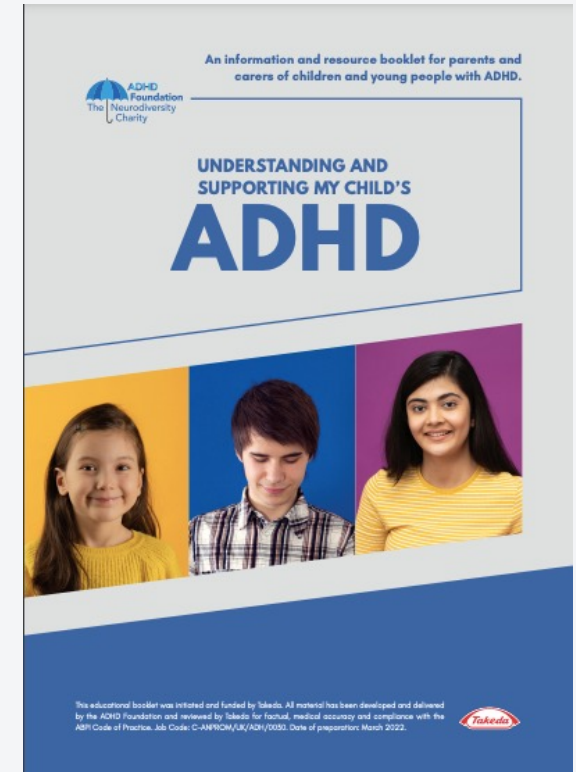
[ADHD for Children Booklet](#)

[Umbrella Gang Comic Volume 1](#)

[Umbrella Gang Comic Volume 2](#)

[Umbrella Gang Comic Volume 3](#)

[Early Years Resources](#)



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Thank you!

