

# Neurodiversity Parent 101:

## What reasonable adjustments can a school provide for a child with ADHD

Adjustments need to be tailored to the specific needs of the child. While the following are some examples, this needs to be child centred. Some children with ADHD also may have other challenges with writing or spelling for example which may also need to be considered.

### Reasonable adjustments for children and young people with ADHD

- Classroom positioning – some children will benefit being placed near the teacher so they can prompt them if they lose focus. Some children are less distracted if they are placed away from the main pathway of ‘traffic’ in the classroom.
- Some children finding sitting still for a long period harder to do – allowing your child to be able to move can be helpful. Some children find a ‘wobble cushion’ helpful.
- Assistance by school staff with organisation and planning.
- Use of timers and alarms to help with time management.
- Extra time in assignments or examinations.
- A separate room in exams so the young person can stand/stretch can be helpful. Allowing movement breaks during an exam or lesson can aid focus and attention.
- Some young people find cutting out or listening to some music aids concentration – being allowed to wear headphones when focusing on work can be helpful.
- Some young people find sitting in a study carrel or booth is less distracting when trying to focus on a piece of work.
- Use of technology to aid organisation and time management.
- A reduction in the volume of homework/assignment.
- Providing a sample of homework or an assignment can help the young person see what is expected.
- Breaking down tasks into steps.
- Provision of fidget toys, allow use of a doodle pad.
- Provision of notes so they can be annotated.