



ADHD (attention deficit hyperactivity disorder)



What is ADHD?

ADHD is a neurological condition that around one in ten children are born with. It can cause the brain to work extremely fast and is often described as feeling like a train travelling downhill without any breaks -very difficult to stop. Children with ADHD can't always stop their brain long enough to allow them to focus on something, this is 'Attention Deficit'. Children with ADHD can also fidget and find it difficult to sit or stand still, as the body can feel like it needs to constantly keep moving; this is 'Hyperactivity'.

The following links focus on the area of ADHD and are for anyone who needs further resources and information to help them support a child with these Special Educational Needs.



[Attention deficit hyperactivity disorder \(ADHD\) - NHS \(www.nhs.uk\)](http://www.nhs.uk)

12 Amazing Superpowers of students with ADHD



[Positives of ADHD: 12 Amazing Superpowers \(additudemag.com\)](http://additudemag.com)

ADHD Support Booklet



[ADHD Foundation Support Booklet.pdf](#)

[Home - ADHD Foundation : ADHD Foundation](http://adhdfoundation.org.uk)

Resources to support young people with ADHD

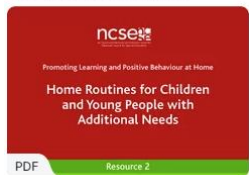


Young minds advice for supporting a child with ADHD



[Help Your Child With ADHD | Parents Guide to Support | YoungMinds](http://youngminds.org.uk)

NCSE Home Routines



[NCSE-Resource-2-Home-Routines.pdf](#)