

# Support your child with ADHD during the school shutdown

# A note to parents/carers during the school shutdown ...

Here at the ADHD Foundation Neurodiversity Charity we understand the challenge that comes with supporting your child's learning at home during this period of time that the schools have had to close.

We've developed this information pack to give you some ideas of how to help guide your child through this new way of learning, away from the familiarity of the classroom.

We understand that learning is important but please be kind to yourselves. Juggling family life along with supporting your child's learning is a tall task. Have fun, enjoy the time together and stay safe.

The team at the ADHD Foundation Neurodiversity Charity



# Dopamine

- Children with ADHD have a reduced amount of the key neurotransmitter Dopamine.
- The human body generates dopamine through regular movement/exercise.
- It's really important during the school shutdown that your child gets regular opportunities to move ... without this they may find it really difficult to concentrate.

Some useful links:

1. <https://blog.brainbalancecenters.com/2015/01/indoor-exercise-movement-ideas-children-adhd>
2. <https://www.additudemag.com/slideshows/exercise-ideas-for-kids-with-adhd-movement-for-focus/>
3. <https://www.scouts.org.uk/the-great-indoors/>
4. <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

# Keeping a routine

- Children with ADHD function best when they have a clear routine. This can be a real challenge during a school shutdown.

Here is an example of a routine that you might want to follow

Before 9am	Wake up	Eat breakfast, make your bed, get washed and dressed.
9 – 10am	Morning Walk or exercises	Family walk or exercises in the back yard/garden. Stretching, yoga and mindfulness breathing.
10-11am	Academic Time	NO ELECTRONICS! Any work provided by school, study guide, quiz books, times tables, story writing.
11-12pm	Creative Time	Lego, drawing, painting, cooking, baking.
12:00	Lunch	
12:30 - 1pm	Chore Time	Wiping down, dusting, hoover, laundry, washing dishes. Toys away.
1 – 2pm	Quiet time	Reading, Jigsaw, colouring, nap. Mindfulness
2 – 3pm	Academic Time	Sped, math's games, educational show
3-4pm	Outdoor time	Play outside, go for a walk/snack
4-5	Free Time	games, TV, electronics, play with toys.
5-6pm	Dinner	
6-7:pm	Free Time	Games, Reading, massage, mindfulness
7pm-	Bedtime and bath	Adjust to your usual routine

# Keeping a routine

- It's helpful if a routine is displayed in the home for your child to be able to see it throughout the day. Involve your child when creating the routine so that they feel they've had input.
- You might want to use a written schedule similar to the one on the previous page or you might want to use pictures to help your child to understand the plan for the day.

Some people like to use pictures from the internet like below:



Others prefer to take pictures of the routine using their phone or tablet and keep them as an album for your child to scroll through.

# Motivation

- It can be hard for children with ADHD to maintain focus for long periods of time.
- A child will need motivators throughout the day to help them to focus on the task at hand.

Here are some ideas:

1. Use “when” and “then” language – “When you’ve completed this section of your work then you can go outside and time yourself doing 20 star jumps”
2. Visualise the time needed for an activity – use egg timers or google timer to show your child how long they will be at an activity. Sustaining focus can be difficult so keep focus times short.
3. Now and next – use pictures to show your child what they are doing “now” and what they will be doing “next” – It’s important that the next is an activity that they enjoy.

# Time to switch off

- During these uncertain times, children can often feel anxious and can find it difficult to manage their emotions.
- Relaxation techniques can really help children to manage their anxious feelings.

Here are some links/apps that may be useful:

<https://www.youtube.com/watch?v=DSgOW879jjA>

[https://www.youtube.com/watch?v=\\_mX4JBBIcBk](https://www.youtube.com/watch?v=_mX4JBBIcBk)

[https://www.youtube.com/watch?v=MoQVgJx\\_QN4](https://www.youtube.com/watch?v=MoQVgJx_QN4)



STOP, BREATHE  
& THINK KIDS



# For further support ...



[@adhdfoundation](https://twitter.com/adhdfoundation)



[ADHDFoundation](https://www.facebook.com/ADHDFoundation)



[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)



Some links that may be helpful to share.

<https://www.scouts.org.uk/the-great-indoors>

<https://www.bbc.co.uk/bitesize>

<https://www.bbc.co.uk/programmes/p01b8f09>

<https://www.bbc.co.uk/cbeebies/games>

<https://www.verywellfamily.com/best-free-educational-websites-for-kids-3129084>

[https://www.familylinks.org.uk/free-downloads-for-parents?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCtP05vtRxGMSp\\_FoQltuzj3aqUlogGYzI3QSnRXlpEDIQvSt94SPFxoCj4AQAvD\\_BwE](https://www.familylinks.org.uk/free-downloads-for-parents?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCtP05vtRxGMSp_FoQltuzj3aqUlogGYzI3QSnRXlpEDIQvSt94SPFxoCj4AQAvD_BwE)

<https://www.nasa.gov/kidsclub/index.html>

[https://worldforumfoundation.org/workinggroups/nature/?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCjUVcZRCrpYTN-zlgMFX3EkbWbm1eMIHgtXY0-g4xSJhQm1\\_YFvBoCQ7oQAvD\\_BwE](https://worldforumfoundation.org/workinggroups/nature/?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCjUVcZRCrpYTN-zlgMFX3EkbWbm1eMIHgtXY0-g4xSJhQm1_YFvBoCQ7oQAvD_BwE)

<https://www.personalcreations.com/blog/20-fun-games-play-rainy-day>

[https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCrN2vxNraL8JVlozkTbwBWZ2AI-dnd9rF6sTwP6SeyCPc2plrrv2oRoCyQEQAvD\\_BwE](https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCrN2vxNraL8JVlozkTbwBWZ2AI-dnd9rF6sTwP6SeyCPc2plrrv2oRoCyQEQAvD_BwE)

<https://www.sesamestreet.org/>