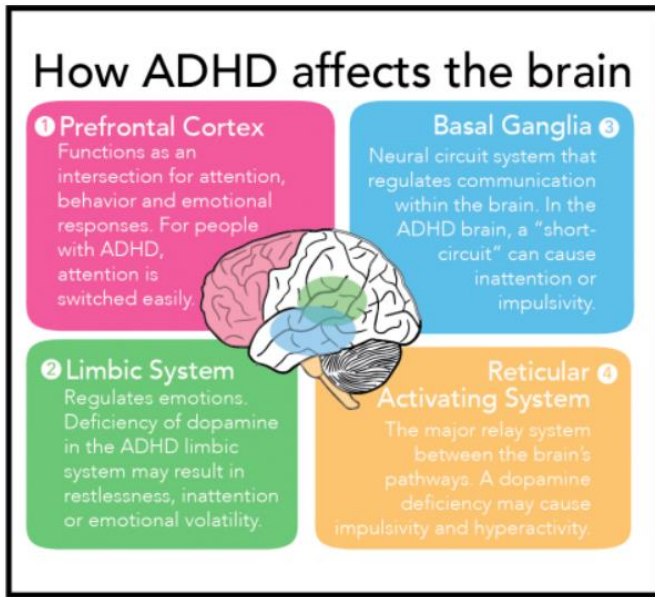


The Science of ADHD

Calming Tools



Counting down ...

5 things you touch
4 things you see
3 things you hear
2 things you smell
1 thing you taste



Different Types of ADHD

<p>Inattentive Type</p> <ul style="list-style-type: none"> - Trouble following directions - Have difficulty staying on task - Have trouble concentrating - Be disorganised - Lose things - Be forgetful 	<p>Hyperactive-impulsive type</p> <ul style="list-style-type: none"> - Like to stand rather than sit - Fidget and squirm - Talk a lot - Speak fast - Be very curious - Interrupt - Blurt out answers - trouble controlling themselves 	<p>Combined Type</p> <p>Difficulties with:</p> <ul style="list-style-type: none"> - inattention - hyperactivity and - impulsivity.
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- Top Tips for Home**
1. Provide structure and routine
 2. Consistent approach
 3. Boundaries and expectations
 4. Eye Contact
 5. Adapt to your child's learning style
 6. Use open ended questions
 7. Avoid asking 'why' questions
 8. Routines

- Weblinks and books**
- <https://adhdfoundation.org.uk/>
 - <https://www.youngminds.org.uk/>
 - <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>
 - <https://www.additudemag.com/>
 - <https://www.additudemag.com/neuroscience-of-adhd-brain/>
 - *The Survival Guide for Kids with ADHD* John Taylor
 - *All Dogs Have ADHD* Kathy Hoopman
 - *ADHD is my Superpower* Alana Moore
 - *Thriving with ADHD Workbook for Teens* Alison Tvler