

# West Plano Pediatrics

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## Helpful Hints for Teachers

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### Students with ADHD...

- May not always look directly at you in class, but it doesn't mean they are not listening and learning.
- Often doodle, listen and learn at the same time. If allowed to doodle, they may be more successful learners because the act of doodling helps to decrease agitation and to increase their ability to sit still.
- May appear to be looking at you, but it does not always mean they are listening.
- Are more easily distracted than others, especially on tasks that require sustained attention. They need more reminders and shorter lists (only 1-3 items) than the other students.
- Often struggle with perfectionism and may easily become frustrated/or fearful with initiating a project. They benefit greatly from many gentle reminders without making them feel different than his/her peers.
- Struggle with impulsivity, which often appears to be deliberate interrupting and talking.
- Benefit enormously from movement, such as running errands for you. Incorporating physical movement during your teaching time in the classroom will enhance their ability to sit still when you require it.
- Have incredible trouble with executive functioning. Examples include turning in homework assignments, not losing their things, and general organizational skills.
- Are often intellectually bright individuals who struggle to organize their thoughts into productive answers. Teaching them ways to list ideas and helping them to order their ideas will enable them to effectively communicate their answers.
- May have a one or two year delay with their emotional and social development. Their delays in developing peer-acceptable social skills may be labeled by peers as "strange," and isolate them from forming friendships easily.