

Attention Deficit Hyperactivity Disorder (ADHD): Educational Content

How to Speak with Your Child's School about their ADHD

- 1) Speak with your child's teacher and mention your concerns
- 2) Make these concerns known in writing. Write a letter to the special education coordinator and request a formal evaluation
 - ◆ *The school has **45 days** to complete this evaluation*
- 3) Request a meeting with the school to review the results of the evaluation
 - ◆ Consider meeting with the school psychologist to review results if needed
 - ◆ The evaluation may result in either an IEP or 504 Plan
 - ◆ An IEP implies more intensive services; sometimes the child is pulled out of the classroom. IEPs are reviewed and adjusted each year in a formal team meeting.
 - ◆ A 504 Plan generally consists of less formal academic accommodations, and emphasizes in-classroom supports. 504 plans can remain in place for several years.
- 4) Review all educational plans at least yearly. Make sure that your child is making expected gains. If not, consult with your child's special education coordinator and healthcare provider.



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For legal information concerning your child's educational rights, consult the Individuals with Disabilities Education Act:

<http://www2.ed.gov/about/offices/list/ocr/504faq.html>

Homework Tips for Children with ADHD

- ⇒ Ensure that your child has the phone number of at least one classmate in each class to call with questions and clarification regarding assignments¹
- ⇒ Establish a homework routine (specific time and place). This should be a quiet location where you can monitor work¹
- ⇒ Set up a special location for your child to do homework with caregivers.
 - ◆ Modeling this space like an office can make the process more fun¹
- ⇒ Use timers to help your child structure their work for short bursts of time. Praise and reward consistent effort¹
 - ◆ Visual timers can be particularly helpful (e.g., “The Time Timer”)
- ⇒ Help your child break down long-term projects into smaller, manageable steps, and set due dates in a planner to avoid procrastination¹
- ⇒ Many schools have homework websites. Make sure you have the web address and can help your child check their assignments
- ⇒ Do not do your child’s homework for them – your job is to provide structure and feedback, not complete their work¹
- ⇒ Consider working with your school to create a similar atmosphere in the classroom:
 - ◆ Use positive reinforcers liberally, and maintain a high degree of order²
 - ◆ Encourage self-monitoring behavior and foster time management skills while working on assignments²



Sources:

1: ADHD: Caring for Children with ADHD: A Resource Toolkit for Clinicians. 2nd Edition.

2: Institute for Clinical Systems Improvement: Diagnosis and Management of Attention Deficit Hyperactivity Disorder in Primary Care for School-Age Children and Adolescents (pg 43) 2012.



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Tips for Children with ADHD

Further Information

Glossary of Terms

Term	Definition
Executive Functioning (EF)	Refers to the brain-based abilities that allow us to “multi-task” and work toward goals.
504 plan	The Section 504 regulations require a school district to provide a "free appropriate public education" (FAPE) to each qualified student with a disability who is in the school district's jurisdiction, regardless of the nature or severity of the disability. Under Section 504, FAPE consists of the provision of regular or special education and related aids and services designed to meet the student's individual educational needs as adequately as the needs of nondisabled students are met. (Ed.gov)
Individualized Education Program (IEP)	The term individualized education program or IEP means a written statement for each child with a disability that is developed, reviewed, and revised in a meeting (Ed.gov)

Resources

The Federation for Children with Special Needs
www.FCSN.org
(617) 236-7210

Massachusetts Advocates for Children (MAC)
www.massadvocates.org
(617) 357-8431

Special Needs Advocacy Network (SPAN)
www.spanmass.org
(508) 655-7999

MGH school psychiatry
<http://www2.massgeneral.org/schoolpsychiatry/>



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