



SEND afternoon with Mrs Drew (SENCO)

ADHD

05/12/25



What is ADHD?

What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental condition. This means if you have ADHD, there are some differences in how your brain works. This can impact how you act and experience the world.

It's not a mental health condition or a learning disability. But having ADHD might affect your mental health, and some people with ADHD might also have a mental health condition like anxiety or depression.

There are three different types of ADHD:

- Inattentiveness and distractibility

Having trouble focussing.

- Hyperactivity and impulsivity

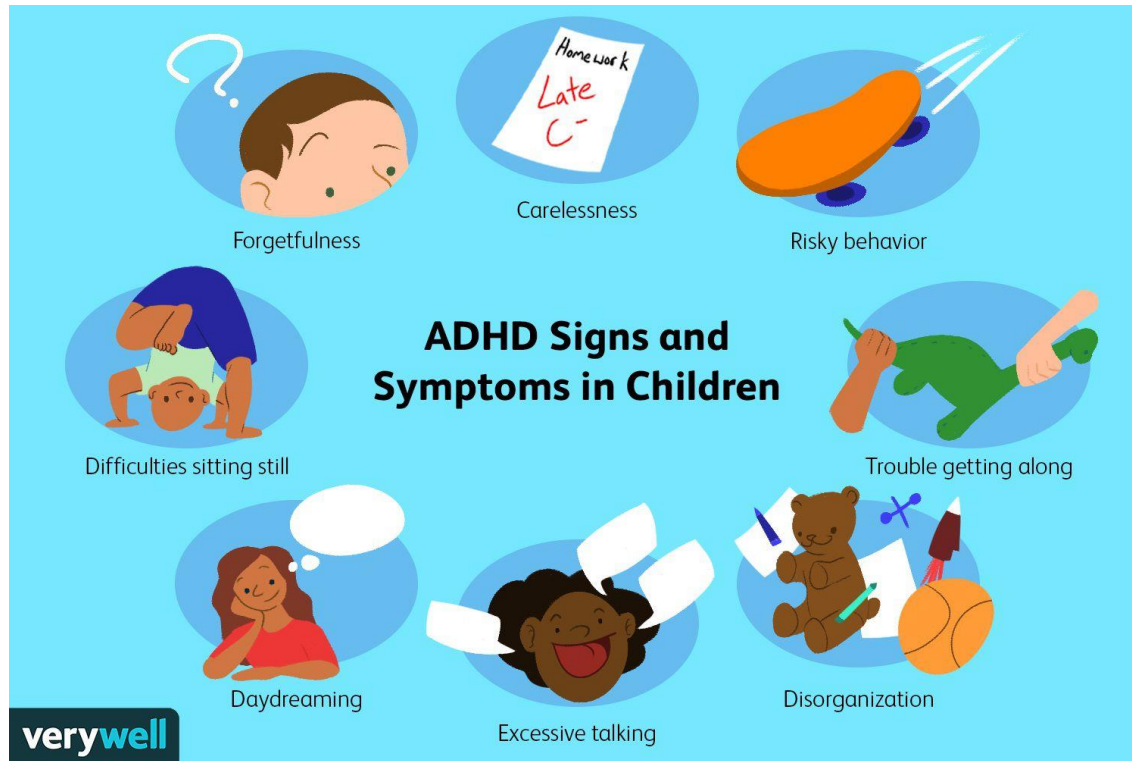
Feeling really active and not thinking before saying or doing things.

- Combined ADHD

A mixture of both other types of ADHD.

ADHD traits usually start before the age of six, but you can be diagnosed at any age. Some people don't realise they have ADHD until they're much older. ADHD can be different for everyone and depend on your age, gender and if you have other neurodevelopmental conditions.

Common signs of ADHD include:



- feeling like you can't sit still or are fidgety, especially in quiet spaces
- talking a lot and interrupting people
- finding it hard to focus for a long time
- finding it tough to wait your turn
- struggling to concentrate or getting distracted easily
- people thinking you're not listening
- finding it hard to follow instructions
- feeling like you have to always change what you're doing
- finding it tough to make or keep friends
- struggling to organise things or forgetting and missing important appointments
- feeling very sensitive or overly emotional
- having little or no sense of danger
- being impulsive or saying and doing things without thinking

People experience ADHD differently and you might have signs that aren't listed above. For some people, ADHD traits can be positive and make you super passionate about different things

Parenting and ADHD

- ADHD at home



Getting a diagnosis

- GP referral – right to choose
- CAMHS referral – long waiting times
- [ADHD Diagnosis Pathways \(Children\) - ADHD UK](#)

ADHD at school

- Predictable routines and visual timetables
- Tasks boards
- Breaking down task into smaller chunks
- Movement breaks/brain breaks
- Regulation station- calming techniques
- Kick bands and fiddle toys
- Praise and patience!



Useful websites

- What is ADHD - About ADHD

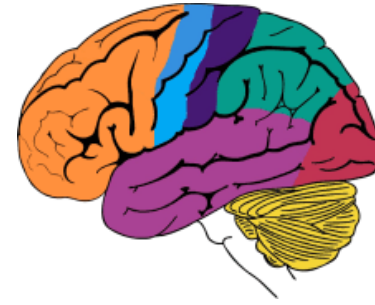
<https://www.youngminds.org.uk/>

Attention Deficit Hyperactivity Disorder | Oxford Health CAMHS





Children's Brain Development



- Children's brains have a massive growth spurt when they're very young. By the time they're six, their brains are already about 90-95% of adult size. The early years are a critical time for brain development, but the brain still needs a lot of remodelling before it can function as an adult brain.
- This **brain remodelling happens intensively during adolescence**, continuing until your child is in their mid-20s. Brain change depends on age, experience and hormonal changes in [puberty](#).
- Adolescence is a time of significant growth and development inside the pre-teen brain.
- The main change is that unused connections in the thinking and processing part of your child's brain (called the grey matter) are '**pruned**' away. At the same time, other connections are strengthened. This is the brain's way of becoming more efficient, based on the 'use it or lose it' principle.
- This pruning process **begins in the back of the brain**. The front part of the brain, the prefrontal cortex, is remodelled last. The prefrontal cortex is the decision-making part of the brain, responsible for your child's ability to plan and think about the consequences of actions, solve problems and control impulses. Changes in this part of the brain continue into early adulthood.
- Because the prefrontal cortex is still developing, teenagers might rely on a part of the brain called the **amygdala** to make decisions and solve problems more than adults do. The amygdala is associated with emotions, impulses, aggression and instinctive behaviour.