

# ADHD

## The Facts

- ADHD is a term used to describe children who display over active behaviour and impulsiveness
- Between 0.5-1% of children in the UK are affected by ADHD
- Five times more boys than girls display ADHD
- In some more severe cases, the child may be treated with medication i.e. Ritalin (although this is still a widely debated issue)

## Useful Websites

[www.addnet.uk](http://www.addnet.uk)

[www.btinternet.com/black.ice/addnet/](http://www.btinternet.com/black.ice/addnet/)

## For further information on this issue please contact:

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## GENERAL INFORMATION LEAFLET

## Basic Facts for Leaders

## Attention Deficit Hyperactivity Disorder (ADHD)



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## General Features

Boys with ADHD generally display the following:

- Difficulty in following instructions
- Difficulty in completing tasks
- Difficulty “sticking to” a task
- Very distractible and forgetful
- Poor attention
- Restless
- Very talkative and chatty
- Interrupts other children
- Runs around inappropriately
- Shouts out
- Extremely impulsive
- Doesn't consider consequences of actions
- problem with turn taking

## Areas of the BB programme which may present difficulty for the boy

### Anchor Boy

- CRAFTS** — Following instructions and staying on task
- GAMES** — Following instructions/turn-taking
- STORY** — Sitting quietly, sitting still

### Junior Section

- PE/GAMES** — Following instructions
- BADGE WORK** — Staying on task
- FIGURE MARCHING** — Following instructions
- GROUP WORK** — Sitting still, turn taking

### Company Section

- PE** — Following instructions
- DRILL** — Following instructions, restlessness
- BADGE CLASSES** — Staying on task
- CAMPING/EXPEDITION** — Following instructions, recognizing consequences)

## Useful Strategies

- When giving instructions make eye contact with the boy
- Keep instructions short and simple
- Provide the child with two choices avoid allowing the child to say NO!
- Use checklists to help in completing a task
- Present text in large print, well spaced out and not cluttered
- Set short, achievable targets
- Give immediate praise and rewards on completion of tasks
- Provide a “time-out” calming down area to deal with temper tantrums

Please note these are general strategies

### EACH BOY IS UNIQUE

It is therefore important to speak to his parent(s) to gain individual relevant information.

