



## **Essential Needs of an [ADHD](#) (Attention Deficit Disorder) Child**

1. Clearly specified rules, expectation and instructions.
2. Frequent immediate and consistent feedback on behaviour and re-direction of task.
3. Reasonable meaningful consequence of both compliance and non-compliance.
4. Adaptation of the learning environment and teaching style to compensate for the distractibility, limited organizational skills and low tolerance of frustration.
5. A well integrated team of parents, teachers and clinicians who communicate effectively to create a structured and supportive environment.

### Recommendations for giving instructions to students.

1. Maintain eye contact during verbal instructions.
2. Keep instructions short, clear, concise and for longer explanations and instructions segment into manageable elements.
3. Check that the student has listened and understands what she/he must do before the task is started.
4. Repeat instructions in a calm, positive manner if required.
5. Encourage the student to verbalize what must be done - aloud to the adult - quietly to self once she/he is able to internalize the technique.
6. Encourage verbal meditation skills to reduce impulsive behaviour