

# SUPPORTING YOUR CHILD WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) THROUGHOUT COVID-19

Created by Psychology Services – Catholic Education Services Cairns

Coronavirus (COVID-19) has impacted people in varying ways on a global scale. While physical distancing continues, students are spending more time working and studying from home. This may present some additional challenges for children who have a diagnosis of ADHD. It's important to remember, however, that there are some positive steps you can take to help your child make their learning less stressful and more productive. It is important to remember that you are not required to be your child's teacher or counsellor during this time, but rather to help them to engage optimally with the new learning platform.

*\*\*Please note, ADHD often presents differently in different age groups and some of the following suggestions may not apply to your child.*

You can help your child with ADHD engage with their learning through keeping contact with their teacher, and by using some of the suggestions below:

- ✓ Maintain your family's **usual strategies** that helps your child get ready for and focus during the day ahead, including before-school, after-school, evening, and bedtime routines.
- ✓ It is important that your child maintains their **regular medication regime as usual**. If your child has a break from medication during holidays or on weekends, maintain this, however it is important to consider the working-from-home regime needs to be the same as if they were at school.
- ✓ Allow your child to have access to the usual **sensory supports** that they use at school – chew toys, chair bands etc. If they were unable to bring these home, consider suitable substitutes, e.g. if they use a wobble chair allow them to use something similar such as an office chair that rocks.
- ✓ Their teacher may facilitate whole of class **movement breaks** throughout the day (such as dance time or stretching exercises).
- ✓ **Remove distractions** – a 'school space' at home that has minimal distractions whilst also maintaining a sense of being connected to others in the house (especially important for younger children or those who experience separation anxiety) is ideal.
- ✓ If your child's teacher uses strategies such as '**errand runs**' to allow them to have a break and move around, have some options available such as quick household chores or a run around the house that can be substituted.
- ✓ Maintain **usual break times** and encourage active play during these times (no screens!)
- ✓ All kids respond to **praise and encouragement**. Target this by defining the good behaviour you just observed: "I like the way that you packed up your books so quickly" or "I saw you put up your hand to answer that question, well done!"

If you find that you are having difficulty helping your child with ADHD to manage their learning from home, speak with their teacher about alternative strategies and further school support options.

## Other supports:

- If it is an emergency or you have immediate concerns, contact 000
- Your child's treating specialist (e.g. Psychologist, Psychiatrist, counsellor)
- Your child's school counsellor
- Lifeline: 13 11 14
- Headspace Cairns (40413780) or [ehespace](#)
- Kids Helpline: 1800 55 1800
- See our list of [support services](#) for further options

## Further information:

<https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>