

ADHD Brains at School



The start of the school year can be a very emotional time. It is about starting with a clean slate, setting new goals, and having hope for a positive year. It can lead to many anxious and worried thoughts as a parent as well as for our children.

To start the year off it is encouraged that parents connect with their child's teacher to get acquainted, share any education or learning plans, and talk about their child from a real strength-based approach. Sharing with the teacher positive qualities and areas where they are confident can set a framework in planning on how to support your child in the areas in which they struggle. This can be done through a letter to the teacher, a phone call, an email or even face to face at a time that works best for the teacher and yourself.

Keeping the lines of communication open between the teacher and parent adds to your child's school success.

Questions to help with this introduction:

It is okay to ask your school age child for input with these questions. They know their abilities well and by doing this together you show them that you are creating a school and home learning environment that is supportive.

- What is my (my child's) personality traits?

- What am I (my child) really good at?

- What do(es) I (my child) absolutely love doing?

- What do(es) I (my child) dislike doing?

- What are my(child's) academic strengths?

- What part of my (child's)academics do I need help with?

- Which skills would I like (my child) to work on this year?

- How would you know when I (my child) am (is) frustrated?

- What can you do in helping me (my child) to calm down?

- When my (my child's) emotions are really big I (they) need to?

- What are some strategies that can get me to keep trying even when I (my child) want(s) to give up?

- I would also like you to know.....

