



Parental Guidance: Understanding ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental difference that can affect how young people experience attention, organisation, energy levels and emotional regulation. While ADHD can present challenges in structured environments such as school, many young people with ADHD also bring strengths including creativity, curiosity, enthusiasm and problem-solving ability.

This guide provides an overview of how ADHD may affect day-to-day life and offers practical strategies that families can use to support learning, organisation and wellbeing at home.

Understanding ADHD

ADHD can influence how a young person manages attention, impulses and emotions. Some students may find it difficult to sustain focus on tasks, organise materials or manage time effectively. Others may experience restlessness, quick shifts in attention or strong emotional reactions.

These differences are not simply a matter of effort or behaviour. They reflect how the brain processes information and responds to stimulation.

How ADHD may affect everyday life

Young people with ADHD may experience:

- **Difficulty sustaining attention on tasks that feel repetitive or uninteresting**
- **Challenges with organisation, planning or remembering instructions**
- **Impulsivity or acting quickly before thinking things through**
- **Strong emotional reactions or difficulty managing frustration**

Understanding these patterns can help families respond with supportive strategies rather than increased pressure.



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Practical strategies at home

Small adjustments can make everyday tasks more manageable:

- Use visual reminders, checklists or planners for routines and responsibilities
- Break tasks into smaller, achievable steps
- Allow movement breaks during homework or study time
- Maintain predictable daily routines where possible

These approaches help young people manage tasks in ways that work with their thinking style.

Supporting focus and motivation

Young people with ADHD often respond best to encouragement and structure:

- Praise effort and progress rather than focusing only on outcomes
- Provide clear instructions one step at a time
- Use timers or short work periods to support concentration

Positive reinforcement can help maintain motivation and confidence.

Recognising strengths

While ADHD can present challenges, many young people also demonstrate strengths such as:

- Creativity and imaginative thinking
- Energy and enthusiasm for interests
- Strong problem-solving and quick thinking

Supporting these strengths can help build confidence and engagement.

Working in partnership with the Academy

Consistency between home and school can help students with ADHD feel more supported. Families are encouraged to communicate with the Academy if strategies at home are proving helpful or if additional support may be needed.

Working collaboratively allows staff and families to reinforce approaches that support learning, organisation and wellbeing.