

# SUPPORTING YOUNG PEOPLE WITH ADHD

Creative, energetic, fun, outgoing, friendly....kids with ADHD can be the life of the party and have the most amazing ideas. If you have a young person with ADHD in your congregation, Sunday school or youth group you are in for a great adventure.

## HOWEVER

Young people with ADHD may find it difficult to remain still for long periods of time. They may not hear your questions or instructions and they may say some unexpected things.

## TOP 5 TIPS.....

**1**

### **UNDERSTAND THAT SITTING STILL FOR LONG PERIODS OF TIME IS INCREDIBLY DIFFICULT FOR PEOPLE WITH ADHD**

- Be gracious with people who are constantly fidgeting and moving around during a service or activity. This may be their strategy for remaining focussed and engaged in what is happening.

### **SAY THE PERSON'S NAME BEFORE ASKING A QUESTION**

- A person with ADHD may 'look' as if they are listening, but saying their name before speaking helps them to tune in to what you are saying

**2**

**3**

### **KEEP INSTRUCTIONS SHORT AND TO THE POINT**

- Deliver instructions for games and activities as numbered points.
- Encourage young people to ask questions if they need further clarification

**4**

### **ALLOW PEOPLE TO SKETCH, DOODLE OR USE A FIDDLE TOY WHEN THEY ARE LISTENING TO SERMON OR IN A TEACHING SESSION.**

- This will help the young person to relax and focus on what is being taught

**5**

### **ALLOW THEM TO TAKE A BREAK IF THEY APPEAR TO BE OVERWHELMED OR DISTRESSED**

- Encourage them to go get drink or run around the room
- Play a group game or participate in an upbeat, active worship song.