

Tips for Improvements of ADHD (Attention Deficit Hyperactivity Disorder) Student

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Abstract:

ADHD is a neurological disorder that develops during childhood and can persist into adulthood. Although adult ADHD is more common than initially thought, not all children who have these symptoms will go on to have the adult version of the disorder. Childhood symptoms may also change across the lifespan; some fade while others may be expressed differently.

The "attention deficit" component of ADHD refers to inattention, or difficulty focusing for long periods and being easily destructible. The "hyperactivity" portion of ADHD is used to describe behavior that is restless, agitated, and difficult to resist. Hyperactive individuals often appear as if they NEED to move. They are in almost constant motion, and frequently make excessive noise.

Amongst school-age children attention deficit hyperactivity disorder has been recognized as the most common disorder. ADHD has many symptoms but the main core symptoms are inattention, hyperactivity, and impulsivity. A student's academic success is often dependent on his/her ability to maintain a task, pay attention to the teacher and follow classroom expectations with minimal distraction. There are several ways of dealing with ADHD in the classroom that can make learning effective for these students. In order for teachers to understand ADHD they must have knowledge about what it is and how to deal with children that has this type of disorder.

This paper indicates about ADHD and says some tips to improvement ADHD students.

Key Words: ADHD, hyperactivity, Classroom, Improvement

Introduction:

ADHD stands for attention deficit hyperactivity disorder. It is a medical condition. A person with ADHD has differences in brain development and brain activity that affect attention, the ability to sit still, and self control. ADHD can affect a child at school, at home and in friendships. However, for some children, these kinds of behaviors are more than an occasional problem. Children with ADHD have behavior problems that are so frequent and severe that they interfere with their ability to live normal lives. These children often have trouble getting along with siblings and other children at school, at home and in other setting. Those who have trouble paying attention usually have trouble learning. An impulsive nature may put them in actual physical danger. Because children with ADHD have difficulty controlling this behavior, they may be labeled bad kids or space cadets. Left untreated, more severe forms of ADHD can lead to serious, lifelong problems, such as poor grades in school; run in with the law, failed relationships, and the inability to keep a job. Effective treatment is available. If your child has ADHD, your pediatrician can offer a long term treatment plan to help your child lead a happy and healthy life.

Attention deficit hyperactivity disorder is a labeled given to students that have a serve problem with attention and impulsiveness. Male children are the ones usually diagnosed with ADHD. ADHD usually effect boys more often than girls. The behavior problems usually develop by the time the kids start school. ADHD is hard to diagnose.

Some of the symptoms of ADHD are often controlled with medication. If medication does not help control children with ADHD other methods are available to assist in controlling them, such as psychotherapy. Students with ADHD are often medicated to help control them. Children with ADHD are not acting willfully. Children with ADHD are not interrupting the class or being disobedient because they are bad, they are acting this way because of a disorder they have. If you keep this in mind, it will be a lot easier to respond to the child in a positive, supportive way. With patience, compassion, and plenty of support, teachers and parents can manage a child with ADHD.

Objectives:

- Describe the meaning and symptoms of ADHD
- To know the causes and sign ADHD
- Explain how to evaluate of ADHD student.
- To give the Tips of ADHD student.
- To know the complication of ADHD
- To describe parenting for ADHD kids
- To know the treatment, medication and side effect of ADHD

Causes of ADHD

- Brain anatomy and function
- Genes and heredity
- Significant head injuries
- Prematurity
- Prenatal exposures
- In very rare cases, Toxins in the environment
- Poor nutrition, infections, smoking, drinking and substances abuse during pregnancy.
- Chemical imbalance.

Sign of ADHD

- Self focused behavior
- Problems with patience
- Emotional turmoil
- Problems playing quietly
- Unfinished tasks
- Avoidance of tasks
- Daydreaming
- Forgetfulness
- Symptoms in multiple settings
- Symptoms in adolescents

Symptoms of ADHD

- Daydream a lot
- Forget or loss things a lot
- Squirm or fidget
- Lack of attention and forgetfulness
- Excessive talking
- Interrupts others while talking
- Low self-esteem
- Feeling of frustration
- Mood swings and depression pops out
- Loss of control over anger

Evaluation of ADHD Student:

- **Make an appointment with a specialist:** As the parent, you can initiate testing for ADHD on behalf of your child. The earlier you schedule this appointment, the sooner you can get help for their ADHD.
- **Speak to your child's school:** Call your child's principal and speak directly and openly about your pursuit of a diagnosis.

- **Give professionals the full picture:** When you are asked the tough questions about your child's behavior, be sure to answer honestly. Your perspective is very important to the evaluation process.
- **Keep things moving:** You are your child's advocate, and have the power to prevent delays in obtaining a diagnosis. Check in with doctors or specialists appropriately often to see where you are in the process.
- If necessary, get a second opinion. If there is any doubt that your child has received a thorough or appropriate evaluation, you can seek another specialist's help.

Tips for Teaching Kids with ADHD

- Pair written instruction with oral instruction
- Give clear, concise instructions
- Ask a volunteer in the class to repeat the directions
- Use a timer to help with transitions and organizations
- Speak when the child is paying attention
- Set up clear rules of behavior and consequences for breaking these rules.

Discipline strategies for Kids with ADHD

- Provide positive attention
- Give effective instructions
- Praise your child's Effort
- Use time-out when necessary
- Ignore mild misbehaviors
- Establish a Reward System
- Allow for Natural Consequences.

Study Skills

- Plan for longer study time
- Find a quiet space that is used for studying only
- Develop a regular routine
- Take frequent breaks
- Keep up with work and do not wait until the last minute to study
- Allow extra time for writing assignments to include editing and writing
- Use tutors when necessary.

Giving Assignments:

- Give out only one task at a time
- Monitor frequently
- Modify assignments as needed
- Develop an individualized education program.
- Make sure you are testing knowledge and not attention span
- Give extra time for certain tasks
- Keep in mind that children with ADD are easily frustrated.

Seating tips For ADHD students

- Seat the student with ADHD away from windows and away from door

- Put the student with ADHD right in front of your desk unless that would be a distraction for the student.
- Seats in rows, with focus on the teacher, usually work better than having students seated around tables or facing one another in other arrangements.
- Create a quiet area free of distractions for test taking and quiet study.

Information delivery tips for ADHD students

- Give instructions one at a time and repeat as necessary.
- If possible, work on the most difficult material early in the day.
- Use visuals: charts, pictures, color coding
- Create outlines for note taking that organize the information as you deliver it.

Conducting the lesson

- Keep instruction simple and structured. Use props, charts and visual aids.
- Vary the pace and include different kinds of activities. Many students with ADHD do well with competitive games or other activities that are rapid and intense.
- Have an unobtrusive cue set up with the student who Has ADHD, such as a touch on the shoulder or placing desk, to remind the student to stay on task.
- Allow a student with ADHD frequent breaks and let him or her squeeze a rubber ball or tap something that doesn't make noise as a physical outlet.
- Try not to ask student with ADHD perform a task or answer a question publicly that might be too difficult.

Ending the lesson:

- Summarize key points
- If you give an assignment, have three different students repeat it, then have the class say it in unison, put it on the board.
- Be specific about what to take home.

Types of ADHD;

Types	Symptoms	Pattern
Inattentive	The majority of symptoms fall under inattention	<ul style="list-style-type: none"> • Fail to pay close attention to details or make careless mistakes in schoolwork • Have trouble staying focused in tasks or play • Appear not to listen, even when spoken to directly • Have difficulty following through on instructions and fail to finish schoolwork or chores • Have trouble organizing tasks and activities • Avoid or dislike tasks that require focused mental effort, such as homework. • Lose items needed for example, toys, school assignments, pencils • Be easily distracted • Forget to do some daily activities, such as forgetting to do chores.
Hyperactive and impulsive	The majority of symptoms are hyperactive and impulsive	<ul style="list-style-type: none"> • Fidget with or tap his or her hands or feet, or squirm in the seat • Have difficulty staying seated in the classroom or in other situations • Be on the go, in constant motion • Run around or climb in situations when it's not appropriate. • Have trouble playing or doing an activity quietly • Talk too much • Blurt out answers, interrupting the questioner • Have difficulty waiting for his or her turn • Interrupt or intrude on others conversations, games or activities.

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Combined	This is a mix of inattentive symptoms are hyperactive/imulsive symptoms.	Children with this type of ADHD show a number of symptoms in all 3 dimensions. This is the most common type of ADHD.

Behaviour Of ADHD Student

(1) Destructible kids with ADHD:

- Seem not to listen
- Have trouble paying attention
- Not follow directions well
- Need many reminders to do things
- Show poor effort in schoolwork

(2) Hyperactive kids with ADHD:

- Climb, jump or roughhouse when it is time to play quietly
- Be disorganized or messy
- Fidget and seem unable to sit still
- Rush instead of take their time
- Make careless mistakes

(3) Impulsive kids with ADHD:

- Interrupt a lot
- Do things without thinking
- Do thing they should not, even though they know better
- Have trouble waiting, taking turns, or sharing
- Have emotional outbursts, lose their temper, or lack self control

What Parents can do:

- Be involved. Learn all you can about ADHD
- If your child takes ADHD medicines, give them at the recommended time. Don't change the dose without checking with your doctor.
- Know how ADHD affects your child. Every child is different. Identify the difficulties your child has because of ADHD.
- Focus on teaching one thing at a time. Don't try to work on everything at once. Discipline with purpose and warmth. Learn what discipline approaches are best for a child with ADHD and which can make ADHD worse.
- Set clear expectation. Focus more energy on teaching your child what to do, rather than reacting to what not to do
- Talk about it. Don't shy away from talking with your child about ADHD. Help kids understand that having ADHD is not their fault, and that they can learn ways to improve the problems it causes.
- Spend special time together every day. Make time to talk and enjoy relaxing, fun activities with your child- even if it is just for a few minutes. Give your child your full attention.

- Your relationship with ADHD often feels they are letting others down, doing thing wrong, or not being good. Protect your child's self esteem by being patient, understanding and accepting.
- Work with your child's school. Talk with your child's teacher to find out if your child should have an IEP (individualized educational Programmme).
- Connect with others for support and awareness
- Find out if you have ADHD. Parents of kids with ADHD might not know they have it too. When parents with ADHD get diagnosed and treated, it helps them be at their best as parents.

Complication of ADHD

- ADHD can make life difficult for children
- Often struggle in the classroom, which can lead to academic failure and judgment by other children and adults
- Tend to have more accidents and injuries of all kinds than do children who don't have ADHD
- Tend to have poor self esteem
- Are more likely to have trouble interacting with and being accepted by peers and adults
- Are at increased risk of alcohol and drug abuse and other delinquent behavior

Coexisting conditions:

- Oppositional defiant disorder (ODD), generally defined as a pattern of negative, defiant and hostile behavior toward authority figures.
- Conduct disorder, marked by antisocial behavior such as stealing, fighting, destroying property and harming people or animals
- Disruptive mood deregulation disorder, characterized by irritability and problems tolerating frustration
- Learning disabilities, including problems with reading, writing, understanding and communicating
- Substance use disorder, including drugs, alcohol and smoking
- Anxiety disorders, which may cause overwhelming worry and nervousness, and include obsessive compulsive disorder(OCD)
- Mood disorder, including depression and bipolar disorder, which includes depression as well as manic behavior.
- Autism spectrum disorder, a condition related to brain development that impacts how to person perceives and socializes with other
- Tic disorder or Tourette syndrome, disorder that involve repetitive movements or unwanted sounds (tics) that cannot be easily controlled.

Prevention

- During pregnancy, avoid anything that could harm fetal development.
- Protect your child from exposure to pollutants and toxins, including cigarette smoke and lead paint
- Limit screen time. Although still unproved, it may be prudent for children to avoid excessive exposure to TV and video games in the first five years of life.

Keep safety in Mind:

If your child shows any symptoms of ADHD, it is very important that you pay close attention to safety. A child with ADHD may not always be aware of dangers and can get hurt easily. Be especially careful around.

- Traffic
- Firearms
- Swimming pools

- Tools such as lawn mowers
- Poisonous chemicals, cleaning supplies or medicines

Tips for Socialization of ADHD Child:

- **Rehearse Acceptable Responses:** Rehearsal is an excellent way to reach your child acceptable alternatives to rude or harsh remarks. During this time, you should also emphasize maintaining eye contact and having a calm body demeanor.
- **Observe and intervene:** observing your child during a play-date offers valuable insight into his or her current skill set. If your child makes a rude remark, you might suggest more appropriate alternatives immediately to help him or her improve.
- **Encourage peer-pairs at school:** many teachers pair students together for projects and class work. Collaborations such as these allow children with ADHD to practice their social skills.
- **Encourage friendships at Home:** children with ADHD may be more comfortable socializing in the home setting because it is familiar to them. Invite your child's friends over to play games, watch movies or enjoy pizza night.
- **Wait for Cues:** children respond better to constructive advice when it is presented at the right moment. Instead of offering it right after a heated argument or similar event your child experienced, wait until he or she has shared their feelings and is more willing to hear you out.
- **Improve your relationship with your child.** Children that have strong relationships with their parents may be more likely perform better socially.
- **Build on your child's Interests.** If your child is passionate about something, you should encourage it to help him or her develop higher self-confidence. Group activities such as team sports or art class's can be especially rewarding for children with ADHD.
- **Lead by Example:** if you model excellent social skills, you can be sure that your child will learn from your example.

Improvements of social skills in children with ADHD:

- Increasing your child's social Awareness
- Teach skills directly and practice, practice and practice
- Create opportunities for friendship development
- Work with the school to improve peer status
- Medication

Therapy for ADHD student:

- Special education helps a child learn at school. Having structure and a routine can help ADHD child.
- Behavior modification teaches ways to replace bad behaviors with good ones.
- Psychotherapy (counseling) can help someone with ADHD learn better ways to handle their emotions and frustration. It can also help improve their self esteem.
- Social skills training can teach behaviours, such as taking turns and sharing.
- Occupational therapy (OT) directly benefits applied behavioral analysis activities and Programme. OT help children with sensory experiences involving sights, smells, touch, sounds, tastes and movement.
- Individual or sports like basketball and hockey that require constant motion are better option.
- Children with ADHD may also benefit from training in martial arts or yoga, which enhance mental control as they work out the body.
- Speech and language therapy is extremely beneficial for individuals with ADHD who have speech, language and communication difficulties.

Activities for increasing Attention:

- Playing with cars on a large path
- Playing flashlight tag

- Washing the car
- Washing the window
- Cross crawl and windmill exercises
- Wiping the table
- Following a figure 8 pattern
- Throwing at a target
- Watering the garden or flowers
- Playing with blocks playing Simon Says
- Playing hand clapping games

Awesome Activities for Kids with ADHD

- Biking: improves child's mood, attention and attenuates impulsivity
- Cycling may be beneficial for these children because of factors like maintain balance, being outdoors, riding the groups and rhythmic motion of pedaling.
- Singing helps to improve language development in younger children and can improve concentration and social skills for all age groups.
- Music instrument like drum, recorder, piano and so on, can help to build confidence, improve focus and reduce stress. Music can decrease impulsiveness and may even improve mathematical ability in ADHD children.
- Drama is a good activity for helping children to develop their social skills and improve concentration, comprehension and confidence.
- Storytelling: kids with ADHD tend to overlook characters' motives, but if you read together and discuss the different characters' motive and actions, it may help them to understand other people better.
- Board games is ideal for shorter attention spans, and it can also help an impulsive child to learn to take turns
- Swimming: it keeps child's heart and lungs healthy. It improves strength and flexibility, increases stamina and even improves balance and posture.
- Sports like karate, taekwondo, jiu-jitsu and judo focus on self control and bringing together mind and body.
- Dance: Dancing is a great activity for ADHD kids with extra energy to burn. It is good for their bodies and their brains.
- Indoor games: it helps them to practice essential cognitive skills and enhance the parts of brain responsible for complex thought and memory formation.
- Drawing: it improves their hand eye coordination. It increases better memory and improves communication and self esteem booster.
- Physical Exercise: it can make happier and weight loss. It can help their brain healthy and memory.
- Art and Craft: it improves their coordination and fine motor skills. It helps them to think critically and helps them socialize.

Positive Parenting Advice for Kids with ADHD:

- Accept the fact that your child like all children is imperfect.
- Don't believe all the bad news about your child's ADHD
- Don't overestimate the importance of ADHD medication.
- Make sure you know the difference between discipline and punishment.
- Never punish a child for bad behavior that he or she is unable to control.
- Stop blaming other people for your child's difficulties.
- Be careful to separate the deed from the doer.
- Don't be too quick to say "no".

- Pay more attention to your child's positive behavior.
- Learn to anticipate potentially explosive situations
- Be a good role model.
- Seek help from others.

Discipline Strategies for a child with ADHD:

When you have a child with ADHD, you may need a different approach to discipline. A few simple changes to your parenting strategies could give your child the tools they need to manage their behavior more effectively.

- Provide positive attention
- Give effective instructions
- Praise your Child's Effort
- Use Time-Out When Necessary
- Ignore Mild Misbehaviors
- Allow for Natural Consequences
- Establish a Reward System
- Work with Your Child's Teacher

Identifying ADHD Triggers:

- Stress
- Lack of sleep
- Food and Additives
- Overstimulation
- Technology

ADHD and Speech:

Studies show that children with ADHD are at risk for articulation disorders, which affect their ability to produce letter sounds appropriate for their age.

- Trouble with word finding, turn taking and adapting speech to different setting
- Limited ability to form sentences
- Impaired ability to use words and connect sentences to explain or describe something
- Reduced ability to have a conversation
- Leaving words out
- Saying words in the wrong order
- Repeating a question while thinking of an answer
- Confusing tenses
- Not understanding others when they speak
- Translate into difficulty following directions at home and school
- Missing important details presented verbally, and thus having trouble following directions
- Poor reading comprehension
- Difficulty speaking
- Speaking too loudly
- Voice problem
- Communication disorder
- Learning disability

- Mixed receptive-expressive language disorder

Coexisting condition:

Most children who have been diagnosed with ADHD have at least one coexisting condition. However children with ADHD are more likely than others to also have conditions such as:

- Oppositional defiant disorder (ODD): generally defined as a pattern of negative defiant and hostile behavior toward authority figures.
- Conduct disorder: it marked by antisocial behavior such as stealing, fighting, destroying property and harming people or animals.
- Disruptive mood dysregulation disorder: it characterized by irritability and problem tolerating frustration
- Learning Disability, including problems with reading, writing, understanding and communicating
- Substance use disorder, including drugs, alcohol and smoking.
- Anxiety disorder, which may cause overwhelming worry and nervousness and include obsessive compulsive disorder (OCD)
- Mood disorder, including depression and bipolar disorder, which includes depression as well as manic behavior
- Autism spectrum disorder, a condition related to brain development that impacts how a person perceives and socializes with others
- Tic disorder or Tourette syndrome, disorders that involve repetitive movements or unwanted sounds (tics) that cannot be easily controlled.

Treatment for ADHD in Children:

- ADHD is treatable, medications, and psychotherapy both combinations show effective recovery. Family counseling and cognitive behavior therapy are also used in the treatment process.
- ADHD symptoms may vary from individual to individual; children may show different symptoms than adults. If you or your loved one experience the symptoms for at least 6 months, or suspect that you have ADHD, then contact a psychiatrist, or a psychologist for treatment because early intervention may enhance the quality of life.
- Stimulants are the most common type of medication prescribed for attention deficit disorder. They have the longest track record for treating ADHD and the most research to back up their effectiveness. The stimulant class of medication includes widely used drugs such as Ritalin, Adderall, and Dexedrine.

Side Effects of ADHD Medication

- Sleep problems.
- Decreased appetite.
- Delayed growth.
- Headaches and stomachaches.
- Rebound (irritability when the medication wears off)
- Tics.
- Moodiness and irritability.

Conclusion:

- ADHD is disorder of self regulation and executive functioning. ADHD results from neurogenetic factors.
- ADHD is common for many people's results in lifelong challenges and disabilities. Having a child with ADHD can be very challenging and stressful for families.

- ADHD should be questioned until more sound scientific evidence becomes available to consider it a distinct neurological condition
- Parents and practitioners should remain skeptical of the disorder and be cautioned against a quick assignment to the ADHD diagnosis.
- The risks of medication and stigmatization are too harmful to unique children who hold so much potential
- When teachers are more aware of the struggles of a student with ADHD, they can better help the students in the classroom and establish a calm structured learning environment. School personnel have an important role to play in enabling students to have a successful carrier.
- Through unique diet plans, depending on the patients needs, we can improve the behavior of children with ADHD at school and home. Students have shown that through these diet plans, grads have also improved tremendously.
- When a child has ADHD, the parents, child, teachers and doctors need to work together as a team to understand the child's needs and develop an appropriate learning plan to allow the child to reach his or her full potential.
- Although there is no cure for ADHD, a multi modal approach can greatly improve the symptoms and outcomes for a child with ADHD and lead to an increase in self esteem and self efficiency.

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