



Why is My Child Having Trouble in School?

It is very common for children with ADHD to have problems with school work and grades. These problems can occur for many reasons:

- Children with ADHD find it hard to sit still all day and focus on work.
- Children with ADHD have trouble with being organized and staying on schedule.
- Children with ADHD may have trouble with self control – they may get into trouble a lot.
- Some children with ADHD may learn quickly, but forget what they have learned by the next day.
- Some children with ADHD learn more slowly and need a lot of repetition.
- Many children with ADHD may also have a Learning Disability (LD). A child with LD is often very smart, but learning certain subjects may be very hard for them (math, reading, spelling etc.).

What Can a Parent Do to Help?

- Tell your child's teacher and school team that the doctor has diagnosed your child with ADHD. The school nurse may be helpful in making sure your child gets their medicine.
- Be friendly and positive at the school. Tell them you want to help and want to work with the school to help your child.
- Make a plan with the teacher to keep track of how your child is doing. This is sometimes called a "daily report card" system.
- Ask to spend time in your child's classroom to see how your child behaves. The teacher may be very happy to have you there.
- Thank your child's teacher for the help he/she gives your child. The teacher is doing extra work to help you and your child.

- Learn all you can about ADHD. Become an expert on your child's needs.
- Be your child's advocate. An advocate is someone who asks for help on behalf of a child. An advocate keeps asking even if at first they are told "no." They keep on asking for help because they know what their child needs.
- Help your child stay organized. Ask to see your child's assignment sheet or school planner every day. Help them organize their backpack and notebooks. A well organized notebook can help a lot. Remove all graded papers and put unfinished work in a folder. An ADHD child's back pack can quickly become a mess.
- Take care of yourself too! The job "parent" can be very challenging – especially if your child has ADHD. Ask family and friends to help you when you feel tired. Join a parent support group for ADHD.

Compiled from the following sources:
www.CHADD.org/for-parents/education/