



Bolton

Together

Registered Charity in England and Wales (1163466)



LET'S TALK ADHD

ATENTION

DEFICIT

HYPERACTIVITY

DISORDER



WHAT IS ADHD?

ADHD is a condition that affects how your concentration, attention and impulses work.

This may cause problems at school, at home or at work.

ADHD affects around 1 in 30 children and young people.

DID YOU KNOW?
THERE ARE 3 MILLION
PEOPLE IN THE UK WITH
ADHD



INTERESTING FACT

BOYS ARE 4X MORE
LIKELY TO BE
DIAGNOSED WITH ADHD
THAN GIRLS

People with ADHD struggle with paying attention, being hyperactive and impulsive.

There are 3 different types of ADHD:

- Combined presentation (50-75%)
- Predominantly inattentive presentation (20-30%)
- Predominantly hyperactive-impulsive presentation (15%)

SUPPORTING YOUR CHILD IN SCHOOL

Your child's school can make sure they get reasonable adjustments to their learning environment to support their education. Below are some examples.

- Lots of positive reinforcement
- Change their learning environment to somewhere quieter, with less distractions
- Make sure instructions are clear
- Break down tasks into smaller chunks
- Frequent breaks

FAMOUS PEOPLE WITH ADHD

BRITNEY SPEARS
JESSIE J
OZZY OZBOURNE
TOM HANKS
YUNGBLUD
TOM HOLLAND



SUPPORTING YOUR CHILD AT HOME



Communication-

Children with ADHD need clear communication so they can understand instructions or boundaries set out for them.

Structured routines-

If your child struggles with things like bedtime or getting ready in the morning before school, a clear routine may help them to understand expectations

Visual Aids-

Having the day's activities displayed in the form of a timetable can help some ADHD children feel more in control

Understand their triggers-

By understanding what triggers your child, you will be able to support them more easily.

SUPPORTING YOURSELF AS A PARENT

Make time for yourself

Parenting a child who has ADHD is stressful and can take a toll on your emotional health.

Plan time for yourself. Take a nice bath, practice some meditation, or have a chat with someone you trust

Extra resources:

Parent groups- https://bolton-together.org.uk/peer_groups/breaking-barriers-peer-support-for-parents-carers-of-children-with-sen/
Parent Peer referral- <https://bolton-together.org.uk/parent-peer-support-referral/>

The Parent Helpline

The Young Minds parent helpline is available Monday – Friday, 9:30am – 4pm for detailed advice, emotional support and signposting about a child or young person aged up to 25.
www.youngminds.org.uk/parent/parents-helpline/

Set your own standard!

Every child is different! Forget the stereotypical milestones!
Make your own goals and milestones.
And don't forget, celebrate every win no matter how small!

HELPFUL LINKS

ADHD UK-

<https://adhduk.co.uk/about-adhd/>

Sensory Massage-

[https://youtube.com/playlist?](https://youtube.com/playlist?list=PLof4j58C5B6ei3qWv90ceM6BjxgAXixOf&si=wwGbgRE8WuXXfJUX)

[list=PLof4j58C5B6ei3qWv90ceM6BjxgAXixOf&si=wwGbgRE8WuXXfJUX](https://youtube.com/playlist?list=PLof4j58C5B6ei3qWv90ceM6BjxgAXixOf&si=wwGbgRE8WuXXfJUX)

Bolton Parents-

<https://www.boltonparents.org.uk/>

Qwell listening service-

<https://www.qwell.io/>

For extra information you can visit our Navigator offer on our website at:

<https://bolton-together.org.uk/ithrive-support/ithrive-for-neurodiversity/>

If you wish to make a referral, our referral form can be accessed at:

<https://bolton-together.org.uk/ithrive-2-19-years-referral-form/>



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