

The Teacher is the Key for ADHD in School

Parents are the key to success in school in conjunction with the teacher for **ADHD children**. The teacher is a key component in teaching a child with ADHD. Your child's teacher needs to at least have a working knowledge of what ADHD is and some strategies that will need to be implemented in order for a child with ADHD to be successful. These are some key elements that a **TEACHER** needs to have in working with your ADHD child that will be particularly helpful to your child and you:

The teacher needs at least some knowledge of what ADHD is and the symptoms that accompany it

Your child's teacher must be willing to converse with you as the parent and keep you abreast of what is going on. If there is NO communication between you as the parent and your child's teacher, you will have difficulty with knowing how your child is progressing

The teacher needs to be firm but very consistent. ADHD children are already having a difficult time with coping with distractions, inattention, etc... The last thing they need is a teacher who does not convey the rules and what is expected of them each day

Look for a teacher that will foster your child's self-esteem and not point out the behaviors that go along with ADHD. You do not want a teacher that has little patience for the behaviors that accompany children with ADHD. You need a teacher that looks at a child's strengths and weaknesses and focuses on the positive aspects of your child and other children

Your child's teacher does not need to give you as the parent advice on whether or not they think your child has ADHD or if your child should be medicated or not. These decisions are entirely up to the parent. You also need a teacher that will not discuss your child with the other teachers at the school or point out faults of your child's ADHD behaviors in front of the other students. This is how children become labeled as the **"troublemaker"**.

Your child's teacher should use a variety of components in teaching. I have heard from numerous parents that their elementary or even middle school child's teacher gets up there and lectures or talks but does not "mix up" the teaching styles. Yes, I realize that all teachers have a certain style, but not all children learn the same. Children learn best with a multi-sensory model of teaching using visual materials, verbal instruction, handouts, bright colors that are aesthetically stimulating to him/her

The teacher should be willing to redirect your child. Of course your child will do better sitting in the front of the room, there are less distractions there. If your child is off task, the teacher should be willing to come over and tap him/her on the shoulder and get them back to the task at hand.

Your child's teacher also should be willing to break down the work in smaller "chunks" of information and be willing to assist them in making sure that assignments are written down in an agenda i.e., homework assignments or materials to bring to school.

The teacher should be willing to make changes in their teaching style to meet the needs of your child. Yes, I know this sounds easy, but I have been surprised that some teachers are completely unwilling to change anything about their teaching style. This is not what your child needs.

Look for a teacher that is willing to repeat directions/instructions and above all, does not lose patience with your child. Believe me, children know when a teacher does not like or approve of their behavior and this will do nothing for your child's self-esteem. Your child deserves the best education possible and a positive, accepting teacher is the key to the success of your ADHD child.

Teaching is a very difficult job and no teacher will possess every single one of these qualities, however for the sake of your child, choose a teacher that possesses some or most of these traits. Your child will have a much more successful school year as a result of your choice. ADHD is enough of a struggle as a child, without adding additional stress with the wrong choice of a teacher.

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