

ADHD AWARENESS

COURSE CONTENT OVERVIEW

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This ADHD Awareness course has been designed for people who work around or look after young children, such as parents, carers, teachers, childminders, and school support staff. The course will help you to recognise the signs of ADHD; discover the potential causes; understand what happens during the diagnostic process and learn what help and treatments are available via health and social care professionals.

Module One: What is ADHD?

This introductory module introduces the learner to ADHD and ADD. Learners will understand how a child is affected if their ADHD is undiagnosed or unsupported as well as learning how ADHD may cross over with other conditions such as autism and anxiety.

- Attention deficit hyperactivity disorder
- Age of diagnosis
- Gender
- ADHD and twins
- Comorbidity
- Autism and ADHD

Module Two: What Causes ADHD?

Module two introduce learners to the potential environmental and genetic factors that may increase the risk of a child having ADHD. This module will also reveal the truth behind a few of the most common myths surrounding ADHD.

- Genetics
- Brain function and structure
- Lead exposure
- Alcohol consumption in pregnancy
- Smoking during pregnancy
- Low birth weight and premature birth
- Common myths

Module Three: Signs of ADHD

In this module, you will discover the three types of ADHD and the signs of each. The aim of this module is to help you feel confident recognising each unique type.

- Predominantly Inattentive
- Predominantly Hyperactive-Impulsive
- Combined
- Differences in Neurocognitive Functioning
- Sluggish cognitive tempo
- Other common comorbidities

Module Four: Diagnosing ADHD

In this module, you will be introduced to the strict set of criteria that a child must meet to be diagnosed with ADHD. You will also become familiar with the diagnostic process and how parents and teachers are involved.

- Seeing a GP
- Watchful waiting
- Assessment
- Diagnostic process in adults

Module Five: Managing ADHD

Module five focuses on how health and social care specialists can help manage ADHD. This module will inform the learner about the medications approved for treating ADHD in children, the potential side effects of each of these, and also the ways that therapy and education are used alongside medication to improve patient outcomes.

- NICE recommendations
- Medications
- Atomoxetine
- Dexamfetamine
- Guanfacine
- Lisdexamfetamine
- Methylphenidate
- Behaviour therapies
- Psychoeducation
- Parent training
- Social skills training
- Cognitive behavioural therapy
- Other treatments

Module Six: ADHD and the Law

In this module, you will become familiar with how UK legislation applies to ADHD. There is also a range of information on the role and responsibilities of SEN support in schools and the creation of an EHC plan.

- Equality Act 2010
- Disability definition
- Reasonable accommodations
- Children and Families Act 2014
- SENCO
- SEN support
- Education, health and care plan
- Creating an EHC plan

Module Seven: ADHD and the Classroom

Teachers face many classroom challenges when one of their students has ADHD. This module provides plenty of tips on classroom accommodations and ways to minimise disruption and improve behaviour.

- Establishing strong working relationships
- Common challenges
- Classroom accommodations
- Teaching techniques
- Interventions for hyperactive-impulsive type
- Interventions for inattentive type
- Adapting homework
- Rewarding appropriate behaviour
- Avoiding isolation and exclusion

Module Eight: Managing ADHD at Home

The final module is aimed at parents and includes a variety of tips to help parents manage ADHD at home. The module also includes a range of further resources so that learners can expand their knowledge or find more information on a specific topic.

- Defining good and bad behaviour
- Creating routines
- Managing aggression
- Let the little things go
- Be specific
- Exercise
- Be positive
- Embrace neurodiversity
- ADHD and siblings
- ADHD and outsiders
- Further resources

Aims of the Training

By the end of this course, learners will:

- Develop a detailed understanding of what ADHD is.
- Develop an awareness of common signs of ADHD in children.
- Know how ADHD is diagnosed in children.
- Understand the common treatments and methods of managing ADHD, including both medication and behavioural therapies.
- Know how to manage and support children with ADHD in the classroom.
- Have an understanding of how to manage and support children with ADHD at home.
- Understand how ADHD can impact a child's relationships with siblings, parents, and outsiders.