

COURSE CONTENT OVERVIEW

ADHD Awareness

This ADHD Awareness course will inform learners about a range of strategies they can use in the classroom to best support children with ADHD. The course has been designed for people who work with or look after young children, such as teachers, teaching assistants, 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 to young people with ADHD.

Module One: An Introduction to ADHD

This introductory module provides learners with an overview of ADHD. Learners will assess the causes of ADHD, address common misconceptions surrounding the condition, and look at the common laws which are associated with ADHD.

- Attention deficit hyperactivity disorder (ADHD)
- ADHD and twins
- ADHD and gender
- Understanding comorbidity
- ADHD and genetics
- Brain function and structure
- ADHD risk factors
- Common ADHD myths
- The Equality Act 2010
- The Children and Families Act 2014
- Special educational needs and disabilities (SEND)

Module 2: Signs of ADHD and Diagnoses

In this module, learners will be given a comprehensive outline of the three ADHD presentations, and the main behaviours associated with each. They will also look at diagnosis, and how the different genders are affected.

- Inattentive presentation
- Hyperactive/impulsive presentation
- Combined presentation
- Learners with a higher prevalence of ADHD
- Other common comorbidities
- Diagnosing ADHD
- Gaining a diagnosis
- Diagnosing adults

Module 3: Supporting Children with ADHD

In this module, learners will look at a range of practical strategies they can use in their setting, in order to best support students with ADHD.

- How it feels to have ADHD
- Creating an inclusive classroom
- Practical ways to support students with ADHD: Approaches 1 to 7
- A SENCo's responsibilities
- Supporting a child with suspected ADHD
- Education, Health, and Care Plans (EHCPs)

Module 4: ADHD Treatments and Therapies

Here, the range of treatments and therapies available to young people with ADHD are explained, including medications and behavioural therapies.

- NICE recommendations
- Medications
- Parent training
- Social skills training
- Cognitive behavioural therapy
- Behaviour therapies
- Dietary changes

Module 5: Managing ADHD at Home

In this module, learners will acquire the knowledge they will need in order to best support the parents and carers of young people with ADHD.

- Recognising good behaviour
- Managing difficult behaviour
- Managing frustration
- Creating routines
- Not sweating the small stuff
- Being specific
- Exercising
- Being positive
- Embracing neurodiversity
- ADHD and siblings
- Further resources

Aims of the training

By the end of this course, you will:

- Develop a detailed understanding of what ADHD is.
- Develop an awareness of the common traits of ADHD in children.
- Know how ADHD is diagnosed in children.
- Understand the common treatments and methods of managing ADHD, including medication and therapies.
- Know how to manage and support children with ADHD in the classroom.
- Have an understanding of how parents and carers can successfully manage and support children with ADHD at home.