

Promoting positive ADHD behaviour – sensory issues

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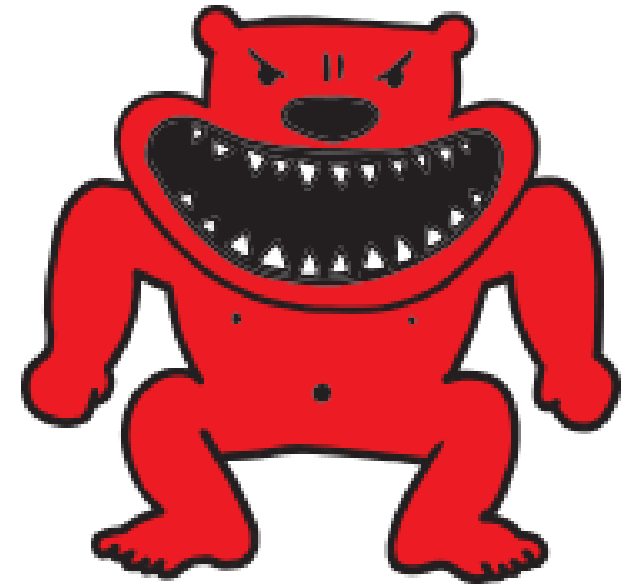
SENTALK

Summary of content

- ▶ **Noah's Story**
- ▶ **Background of Sen Talk (2016)**
- ▶ **Promoting positive ADHD behaviour – sensory issues**
- ▶ Behaviour is communication
- ▶ Holistic approach- not always what you see
- ▶ Understanding Neurodiversity-thinking differently
- ▶ The Octopus!
- ▶ Practical and transferrable skills

Noah's story

- ▶ The first signs- two years old
- ▶ Emotional and social development
- ▶ Single child syndrome
- ▶ The trouble with School
- ▶ Sleep issues
- ▶ Noah and The red beast
- ▶ The Flight child
- ▶ Referrals, camhs, ADHD clinic, ASD clinic, OT, SLT etc.



Noah's story

- ▶ Diagnosis
- ▶ Medication
- ▶ The right support
- ▶ EHCP
- ▶ Punishment and isolation
- ▶ Parent-to-parent support- Saviour
- ▶ The unofficial SEND Guru
- ▶ Sen Talk 2016



Behaviour is communication

I am not 'out of control.'

I am not
'causing trouble'
or 'being bad.'

I am a child.

And I am trying
to communicate
my needs with you.



DrMomma.org

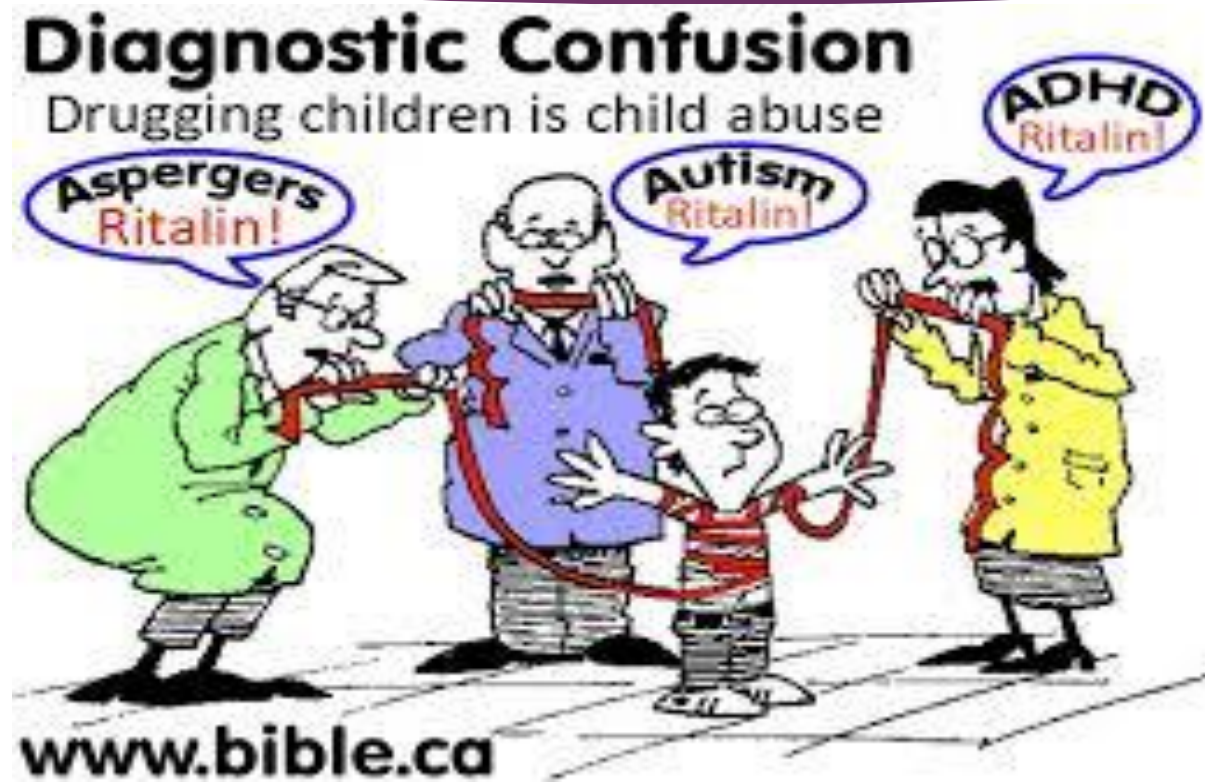
Sensory Issues and ADHD

- ▶ ADHD is a biological condition that makes it hard for many children to concentrate and sit still.
- ▶ ADHD children seek input to regulate
- ▶ 'Trouble following social rules can make it hard to make and keep friends.
- ▶ Frequent negative feedback for acting out or not paying attention can impact self-esteem and motivation, making a child feel he's "bad" or "no good' (Understood.org)
- ▶ Not the same as Sensory Processing Disorder

Techniques at home

- ▶ Heavy work (OT) Tins of paint
- ▶ Chair straps
- ▶ Break it down
- ▶ Timers
- ▶ Social games at home
- ▶ Recognise the achievements how ever small they seem
- ▶ Reflecting – choosing the right time
- ▶ Stress management- senses
- ▶ Lego Therapy- Dr LeGoff (2014)
- ▶ Make your own choices

Stigma and medication



Useful websites

- ▶ www.friendshipcircle.org
- ▶ www.specialneedsjungle.com
- ▶ www.sentalk.org
- ▶ www.challengingbehaviour.org.uk
- ▶ www.adhdchildparenting.com
- ▶ www.adhdchildhood.com