Suggestions for the ADD/ADHD Learner ♥

- Maintain low teacher/child ratios.

- Be consistent, fair and enjoyable!

- Make explanations and instructions brief, clear, and to the point. Avoid wasting time on the superfluous ideas that "build up" to the main point.

- Break a complex activity into short, achievable parts.

- Provide active participation in learning environment/lessons.

- Allocate time for regular breaks during work.

- Allow for creative work spaces.

- Avoid boredom - Create environments or learning centers that stimulate mental activity.

- Include a variety of activities to teach lesson; use multi-sensory activities.

- Audio aids are *excellent* for strengthening attention and listening skills.

- Verbally check for instructional comprehension: "Do you understand?"

- Allow for self regulation unless guidance and reminders are necessary.

- Use peer tutoring and role playing whenever possible.

- Give regular feedback – let them know they are doing the right thing.

- Help them devise strategies for organization and orderliness.

- Help them devise strategies for completing detail-oriented work.

- ABOVE ALL: avoid the use of any video aids which foster passive or non-participation (artificial stimulation of the pre-frontal cortex).

- Learn the difference between reactive and reflective thinking skills and how each is developed.