

A DOZEN TIPS FOR RETURNING THE ADHD CHILD TO SCHOOL

by Ernest J. Bordini, Ph.D., Clinical Psychology Associates of North Central Florida, P.A.
(352) 336-2888

and C. Russell Clifton. Ph.D. (Independent Practice, Gainesville Florida)

All Rights Reserved

1. Set up positive expectations prior to returning
2. Get the child to identify what they hope to accomplish
3. Meet the teacher early and set up a daily, or weekly system to obtain feedback.
 - a: when there is more than one teacher have one coordinate with the other teachers
4. Don't overwhelm the teacher: It's far better to do a little right than to demand the impossible ideal program
5. Set up a second meeting with the teacher to review the child's progress
6. Educate the teacher as to the problems encountered in the past and previously successful means of dealing with them.
7. Invite the teacher to study educational materials
8. Ask for preferential seating near or at the front of the class
9. If possible schedule demanding classes in the morning
10. Explore the possibility of reducing task length if it is completed accurately
11. Discuss possible rewards at home and school for staying on task
12. Invite professionals and teachers to communicate with each other: Build a team !