



Building  
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families

# Lincolnshire BOSS ADHD Training

## What is Attention Deficit Hyperactivity Disorder?

Attention Deficit Hyperactivity Disorder (ADHD) is identified as a lifelong neurological (brain) and developmental spectrum disorder.

There are three types of ADHD, identified by behaviours and symptoms, such as:

- Inattentive – constantly changing activity/task, rushing work, making careless mistakes, difficulty starting tasks, and/or maintaining effort on tedious or time consuming tasks
- Hyperactive and Impulsive – excessive talking, problems winding down (transitions), restlessness, impatience, doing before thinking, easily frustrated
- Combined – experience a mix of symptoms that fall into both these types

ADHD is experienced differently from individual to individual. However, common areas of difficulty often include; understanding and communicating emotions appropriately, feeling a deep sense of rejection from others, negative and motivation sapping thought cycles, dis-engagement when help is offered, and fatigue.



## **Aims and objectives**

- Enable participants to develop their knowledge and understanding of ADHD
- Gain skills and strategies to support children with ADHD in the classroom
- Consider ADHD as a positive neurodiversity rather than a disorder

## **Learning Outcomes**

- Be able to recognise the key characteristics of a child with ADHD
- Develop an awareness of how to meet the needs of children with ADHD and those who show traits of ADHD
- Build on own CPD to expand on a range of strategies in order to continue to develop ongoing support and understanding

## **How to book**

Contact our team using the details below to express an interest in joining the course

**E: [LincolnshireBOSS@family-action.org.uk](mailto:LincolnshireBOSS@family-action.org.uk)**

**T: 01507 308908**

**W: [www.family-action.org.uk](http://www.family-action.org.uk)**