

Questions to discuss with your child's Head of Year and ALNCO/SENDCO:

How can you support the learner on days, when they might have not had a good night's sleep and feel dysregulated?

What accommodations will be put in place, when my child is struggling to attend school, or when they are struggling in school and are dysregulating?

How will staff be trained and educated around how ADHD impacts on the learner's daily life, and what support can we expect to help my child to have their needs met and their challenges supported?

How will the school plan sensitively for support around my child's Executive Functioning Dysfunction?

Do you know that learner's mature into their Executive Functioning at some point between 24-30 years of age, if they are neurotypical. How will the school develop my child's skills, confidence and resilient around this massive struggle area, without my child feeling targeted?



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THE PSYCHOSOCIAL MODEL OF SUPPORTING ADHD



WE ENABLE YOU TO TAKE CHARGE

WE WORK WITH YOU AND YOUR ADHD

Average hrs sleep/night: _____

	S	M	T	W	T	F	S
At what time did you go to sleep?							
Did you have a good night's sleep?							
How many hours of sleep did you have?							
Do you eat breakfast?							
Do you eat and keep hydrated at school?							
What exercise do you do each day?							

	S	M	T	W	T	F	S
I was able to focus and pay attention.							
I completed my tasks, e.g. schoolwork.							
I was able to stay organised.							
I was able to sit still when I had to.							
I waited for my turn without interrupting.							
I didn't lose or misplace things.							
It was hard for me to work/play quietly.							
I felt like my mind was "racing".							
I moved /fidgeted my hands/feet a lot.							
I felt nervous.							
I had low moods and catastrophised							

Questions to discuss with your child's Head of Year and ALNCO/SENDSCO:

How does your Behaviour for Learning Policy protect me and my barriers?

Does the school understand how ADHD impacts on a learner's daily school and home experiences?

Do you understand how ADHD impacts the brain, how does it work?

Are your school staff trained around Executive Functioning Skills?

How will you seek support, when you are struggling to enable my child to access your school environment??

Other areas that you want to record:

