

30 Great Accommodations for Children with ADHD



For This Behavior...

...Suggest This Solution

Assignments

Consistently unable to complete classwork in time	Allow extra time to complete assigned work
Starts assignments strong, but quality of work decreases	Shorten long assignments or break into smaller parts
Struggles to follow instructions	Pair written and oral instructions
Makes careless mistakes	Schedule a five-minute period to check work before turning it in

Distractibility

Falls behind during class discussions	Ask questions to encourage participation
Complains that lessons are “boring”	Involve student in presenting the lesson
Easily distracted by outside stimuli	Seat student in the front row; develop a private signal to refocus attention

Disruptive Behavior

Engages in “attention-getting” behaviors	Seat student near positive role model
Blurts out answers or interrupts others	Acknowledge answers only when student’s hand is raised and she’s called upon
Touches other students	Increase distance between desks
Doesn’t respond to detention or other common punishments	Increase immediacy of rewards and consequences; implement a token system
Needs long-term help on behavior management	Set up a behavior contract; send home weekly reports

Organization

Can’t keep track of papers	Set up binders with dividers, folders, and color-coding
Fails to write down homework assignments accurately	Assign partners to double check each other’s assignment books
Loses books or other materials	Allow student to keep an extra set of books at home

Fidgety or Restless Behavior

Moves around frequently; gets out of seat at inappropriate times	Allow student to run errands or stand at desk when working
Loses focus during long lessons	Provide short breaks throughout the day
Taps on desk, kicks chair legs, or otherwise fidgets loudly	Allow the use of discreet fidget toys to release excess energy

Social Challenges

Seems lonely or acts withdrawn	Plan teacher-directed group activities to encourage social interaction
Is easily frustrated	Acknowledge positive work frequently
Does not work well with others	Encourage cooperative learning; reward good group behavior
Is not respected by peers	Praise student’s talents in front of classmates