



Northamptonshire Local Offer:

Attention Deficit Hyperactivity Disorder (ADHD) Factsheet

What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a behavioural disorder. Its symptoms can be categorised into 2 types of behavioural problems: **inattentiveness**, and **hyperactivity and impulsiveness**.

Most children and young people with ADHD have problems that fall into both categories, but that's not always the case. For example, some may only have problems with inattentiveness. This form of ADHD is also known as **attention deficit disorder (ADD)**.

The main signs of inattentiveness are:

- having a short attention span and being easily distracted
- making careless mistakes – for example, in schoolwork
- appearing forgetful or losing things
- being unable to stick to tasks that are tedious or time-consuming
- appearing to be unable to listen to or carry out instructions
- constantly changing activity or task
- having difficulty organising tasks

The main signs of hyperactivity and impulsiveness are:

- being unable to sit still, especially in calm or quiet surroundings
- constantly fidgeting
- being unable to concentrate on tasks
- excessive physical movement
- excessive talking
- being unable to wait their turn
- acting without thinking
- interrupting conversations
- little or no sense of danger

These symptoms can cause significant problems in a child's life, such as underachievement, poor social interaction, and discipline problems.

How is ADHD Diagnosed?

If you think your child may have ADHD, speak to your GP. It may help to speak to their teachers beforehand. Your GP cannot formally diagnose ADHD, but they can discuss your concerns with you and refer you for a specialist assessment, if necessary.

Your GP may first suggest a period of "watchful waiting" to see if your child's symptoms improve, stay the same, or get worse. They may also suggest a group-based, ADHD-focused parent training programme. If your child's behaviour does not improve, your GP should refer child to a specialist for a formal assessment.

The assessment will be carried out by a child psychiatrist, a paediatrician, a learning disability specialist, a social worker, or an occupational therapist. There's no simple test to determine whether your child has ADHD, but your specialist will be able to make an accurate diagnosis after a detailed assessment.

How is ADHD Treated?

There is no 'cure' for ADHD. A specialist might suggest one or more of the following treatments:

- Psychoeducation
- Behaviour Therapy
- Parent Training and Education Programmes
- Social Skills Training
- Cognitive Behavioural Therapy (CBT)
- Medication

Some studies have suggested that diet (and dietary supplements) may have a role in the treatment of ADHD. However, the evidence supporting this is limited. Talk to your GP before considering any alternative treatments.

Living with Attention Deficit Hyperactivity Disorder (ADHD)

Caring for a child with attention deficit hyperactivity disorder (ADHD) can be draining. The impulsive, fearless, and chaotic behaviours typical of ADHD can make everyday activities exhausting and stressful.

Although it can be difficult at times, it's important to remember that a child with ADHD cannot help their behaviour. If you're looking after a child with ADHD, you may find the below advice helpful.

- **Plan the Day**

Detailed routines can help a child with ADHD cope with everyday life.

- **Set Clear Boundaries**

Make sure everyone knows what behaviour is expected, and reinforce positive behaviour with immediate praise or rewards. Be clear, and use enforceable consequences (such as taking away a privilege) if boundaries are overstepped. Follow through consistently.

- **Be Positive**

Give specific praise. Instead of saying: "Thanks for doing that," you could say: "You washed the dishes really well. Thank you."

- **Give Instructions**

Give brief instructions and be very specific. Instead of asking: "Can you tidy your bedroom?" say: "Please put your books back on the shelf."

- **Use an Incentive Scheme**

Set up your own incentive scheme using a points or star chart, so good behaviour can earn a privilege. These charts need regular changes or they become boring. Targets should be immediate (i.e. daily), intermediate (i.e. weekly), and long-term (i.e. three-monthly). Try to focus on just one or two behaviours at a time.

- **Intervene Early**

Watch for warning signs. If your child looks like they're becoming frustrated, overstimulated, and about to lose self-control, intervene. Distract your child (if possible) by taking them away from the situation.

- **Social Situations**

Keep social situations short and sweet. Invite friends to play, but keep playtimes short so your child doesn't lose self-control.

- **Exercise**

Make sure your child gets lots of physical activity during the day. Also make sure they don't do anything strenuous (or exciting) near to bedtime.

- **Watch their Diet**

Keep an eye on what your child eats. If your child is hyperactive after eating certain foods, which may contain additives or caffeine, keep a diary of these and discuss them with your GP.

- **Have a Bedtime Routine**

Stick to a routine. Make sure your child goes to bed at the same time each night and gets up at the same time each morning. Avoid overstimulating activities (such as TV or video games) in the hours before bedtime.

- **Night Time**

ADHD can lead to sleep problems, which in turn can make symptoms worse. Trying a sleep-friendly routine can help your child and make bedtime less of a battleground.

- **Get Help at School**

Speak to your child's teachers or their school's special educational needs co-ordinator (SENCo) about any extra support your child may need.

Local Support for Parents

<ul style="list-style-type: none"> • Different Abilities Location: Corby Age-Range: All ages Email: Maplefieldscircleoffriends@outlook.com Tel: 01536 267873 	<ul style="list-style-type: none"> • Northamptonshire Carers Location: Northamptonshire Age-Range: All ages Email: carers@northamptonshire-carers.org Tel: 01933 677907 	<ul style="list-style-type: none"> • Pen Green - Parents of Children with Additional Needs Location: Corby Age-Range: All ages Email: SMole@northamptonshire.gov.uk Tel: 01536 400068
<ul style="list-style-type: none"> • SENDS 4 Dad Corby Location: Corby Age-Range: All ages Email: corbysends4dad@gmail.com Tel: 07753 385583 	<ul style="list-style-type: none"> • SENDS 4 Dad Northampton Location: Northampton Age-Range: All ages Email: sends4dad@virginmedia.com Tel: N/A 	<ul style="list-style-type: none"> • Time 4 Support Location: Northampton Age-Range: All ages Email: N/A Tel: 07739 673597
<ul style="list-style-type: none"> • Wellingborough Parent Support Group Location: Wellingborough Age-Range: All ages Email: wellingboroughpsg@outlook.com Tel: 07835 535113 		

Local Social Groups

<ul style="list-style-type: none"> • Action for Children Youth Club, Brackley (SEND) Location: Brackley Age-Range: 11-18yrs Email: northants.disability@actionforchildren.org.uk Tel: 01604 584312 	<ul style="list-style-type: none"> • Action for Children Youth Club, Daventry (SEND) Location: Daventry Age-Range: 11-18yrs Email: northants.disability@actionforchildren.org.uk Tel: 01604 752553 	<ul style="list-style-type: none"> • Action for Children Youth Club, Northampton (SEND) Location: Northampton Age-Range: 11-25yrs Email: northants.disability@actionforchildren.org.uk Tel: 01604 752553
<ul style="list-style-type: none"> • Action for Children Youth Club, Wellingborough (SEND) Location: Wellingborough Age-Range: 11-25yrs Email: northants.disability@actionforchildren.org.uk Tel: 01604 752553 	<ul style="list-style-type: none"> • Daisy Chain Club Location: Northampton Age-Range: 0-16yrs Email: N/A Tel: 07881 337524 	<ul style="list-style-type: none"> • Daventry Children's Centre - SEND Drop-In Location: Daventry Age-Range: 0-19yrs Email: N/A Tel: 01604 362265
<ul style="list-style-type: none"> • Kingsthorpe Children's Centre - Families with SEND Location: Northampton Age-Range: 0-19yrs Email: N/A Tel: 01604 791537 	<ul style="list-style-type: none"> • Kingswood Children's Centre - Little Sparkles Location: Corby Age-Range: 0-5yrs Email: mduffy@northamptonshire.gov.uk Tel: 01536 747508 	<ul style="list-style-type: none"> • Pen Green - Let's Play Together Location: Corby Age-Range: 0-5yrs Email: SMole@northamptonshire.gov.uk Tel: 01536 400068
<ul style="list-style-type: none"> • Rush 2 the Den - FREEdom Youth Club (SEN) Location: Rushden Age-Range: 5-14yrs Email: river.rush2theden@gmail.com Tel: 07393 432171 		

Support Services

<ul style="list-style-type: none"> • ADHD & ASD Service (Children & Young People) - NHFT Location: Northamptonshire Age-Range: 5-18yrs Email: pals@nhft.nhs.uk Tel: 01536 452400 	<ul style="list-style-type: none"> • ADHD & Asperger's Service (Adult) - NHFT Location: Northamptonshire Age-Range: 18yrs+ Email: AdultADHD.AspergersTeam@nhft.nhs.uk Tel: 01536 452466 	<ul style="list-style-type: none"> • ADHD Smart Northamptonshire Location: Northamptonshire Age-Range: All ages Email: adhdsmart@outlook.com Tel: 07717 363919
<ul style="list-style-type: none"> • Ask Normen Location: Northamptonshire Age-Range: All ages Email: asknormen@nhs.net Tel: 01604 651100 	<ul style="list-style-type: none"> • Children's Occupational Therapy (North) - NHFT Location: North Northamptonshire Age-Range: 0-19yrs Email: cylla.clarke@nhft.nhs.uk Tel: 01536 452260 	<ul style="list-style-type: none"> • Children's Occupational Therapy (South) - NHFT Location: South Northamptonshire Age-Range: 0-19yrs Email: cylla.clarke@nhft.nhs.uk Tel: 01604 678116
<ul style="list-style-type: none"> • Early Help & Protection Support Service - NCC Location: Northamptonshire Age-Range: 0-19yrs Email: earlyhelpsupport@northamptonshire.gov.uk Tel: 03001 261000 	<ul style="list-style-type: none"> • Educational Psychology Service (North) - NCC Location: North Northamptonshire Age-Range: 0-25yrs Email: educpsychology@northamptonshire.gov.uk Tel: 01604 361416 	<ul style="list-style-type: none"> • Educational Psychology Service (South) - NCC Location: South Northamptonshire Age-Range: 0-25yrs Email: educpsychology@northamptonshire.gov.uk Tel: 01604 364770
<ul style="list-style-type: none"> • Information Advice and Support Service (IASS) - NCC Location: Northamptonshire Age-Range: 0-25yrs Email: contact@iassnorthants.co.uk Tel: 01604 364772 	<ul style="list-style-type: none"> • Scope - Northants Sleep Right (Sleep Solutions) Location: Northamptonshire Age-Range: 2-19yrs Email: karen.smith@scope.org.uk Tel: 07875 575377 	<ul style="list-style-type: none"> • Special Needs Index (SNIX) Magazine - NCC Location: Northamptonshire Age-Range: 0-25yrs Email: localoffer@childrenfirstnorthamptonshire.co.uk Tel: 01604 366124
<ul style="list-style-type: none"> • Specialist Support Service (SSS) for SEND - NCC Location: Northamptonshire Age-Range: 0-19yrs Email: sss@childrenfirstnorthamptonshire.co.uk Tel: 03001 261000 		

Local Activities That Support Children and Young People with Special Educational Needs or a Disability (SEND)

<ul style="list-style-type: none"> • 360 Play Rushden Lakes - SEN Evening Location: Rushden Age-Range: 0-12yrs Email: rushdenlakes@360play.co.uk Tel: 01933 522360 	<ul style="list-style-type: none"> • Boost Trampoline Park - Sensory Session Location: Northampton Age-Range: 4yrs+ Email: info@boosttrampolineparks.co.uk Tel: 01604 438181 	<ul style="list-style-type: none"> • Disability Inclusive Sports Club (DISC) Location: Towcester Age-Range: All ages Email: enquiry@disc-northants.org Tel: N/A
<ul style="list-style-type: none"> • Equine / Horse Assisted Therapy (EQUATA) Location: Kettering Age-Range: 0-25yrs Email: equata4all@ymail.com Tel: 07875 798853 	<ul style="list-style-type: none"> • Gravity Trampoline Park - Disability Sessions Location: Corby Age-Range: 2yrs+ Email: enquiries@gravity-uk.com Tel: 01977 529920 	<ul style="list-style-type: none"> • Groundwork Northamptonshire - The Free Rangers Location: Corby Age-Range: 5-18yrs Email: amy.russell@groundwork.org.uk Tel: 01536 521555

Local Activities That Support Children and Young People with Special Educational Needs or a Disability (SEND)

<ul style="list-style-type: none"> • iDID Adventure, Corby Location: Corby Age-Range: 8-50yrs Email: s.tuckfield@ididadventure.co.uk Tel: 07711 528681 	<ul style="list-style-type: none"> • iDID Adventure, Northampton Location: Northampton Age-Range: 8-50yrs Email: info@ididadventure.co.uk Tel: 01604 931038 	<ul style="list-style-type: none"> • Kettering Football Club 2012 - Inclusive Football Team Location: Kettering Age-Range: 7-25yrs Email: infoketteringfc2012@gmail.com Tel: 07795 178817
<ul style="list-style-type: none"> • NMPAT - Relaxed Sing-Alongs Location: Barton Seagrave Age-Range: All ages Email: kettering@NMPAT.co.uk Tel: 01604 637117 	<ul style="list-style-type: none"> • NMPAT - Y-Not Arts Location: Northampton Age-Range: 9-25yrs Email: Ynot@NMPAT.co.uk Tel: 07944 296741 	<ul style="list-style-type: none"> • Northants Disability Cricket Club Location: Northampton Age-Range: All ages Email: Derek.Styman@nccc.co.uk Tel: 01604 609278
<ul style="list-style-type: none"> • Northants Disability Tennis Network Location: Northampton Age-Range: All ages Email: maddee.blair@parkstennis.co.uk Tel: 07977 753614 	<ul style="list-style-type: none"> • NRG Disability Sport 4 All Location: Corby Age-Range: 8yrs+ Email: Culture.Leisure@corby.gov.uk Tel: 01536 464047 	<ul style="list-style-type: none"> • Riverside Hub - SEN Play Session Location: Northampton Age-Range: 0-17yrs Email: admin@riversidehub.com Tel: 01604 403003
<ul style="list-style-type: none"> • Sport 4 Fitness CIC Location: Northampton Age-Range: 3yrs+ Email: info@sport4fitness-cic.co.uk Tel: 07811 371569 		




Northamptonshire's Local Offer








The Local Offer is a website for young people, families, and professionals who work with them, that sets out in one place, information about local services.

www.northamptonshire.gov.uk/localoffer

Contact Us:

 localoffer@childrenfirstnorthamptonshire.co.uk
 0300 126 1000, option 5
 One Angel Square, Angel Street, Northampton NN1 1ED

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 www.facebook.com/LONorthants
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