

# REALIZE *more*

An online information, sharing and community resource for individuals with disabilities, parents, carers and professionals

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## ADHD and following directions

### Some suggestions on how to support students with ADHD to follow directions

Most children with ADHD will find it difficult to follow directions. As a teacher you might observe your student appearing to understand your instructions and writing them down but will then struggle to follow them for example you may find the student hands in incomplete work or completely misunderstands a task.

You can support children with ADHD to understand and follow instructions by keeping them brief, allowing them to complete one step before explaining the next step. If they become distracted sensitively give them a calm reminder. Make sure instructions are written as well as verbalised, using a bold marker so it stands out will help.

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