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

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ADHD and interrupting

Some suggestions on how to support students with ADHD to reduce interruptions

Children with ADHD often speak out of turn as they struggle to control impulses so may call out an answer to a question before you have finished speaking, interrupt to share an idea when others are having a conversation.

Whilst these may come across as rude or aggressive, it is really important as a teacher to remain calm and although the behaviour may cause a disruption in class, not to alienate the child by pointing the issue out as this can dramatically impact on their self-esteem and mental well-being leading to additional difficulties for the child in engaging and succeeding in school.

Supporting a child with ADHD to understanding appropriate behaviour should be done so sensitively. You could create a "secret language" using discreet gestures or words you have previously agreed upon to let the child know they are interrupting. When a child with ADHD manages not to interrupt, praise them.

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