



Northamptonshire Local Offer:

Attention Deficit Hyperactivity Disorder (ADHD)

Information Pack

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
- Parental 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.

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 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 https://tinyurl.com/2p95p2dj Location: Corby Age-Range: All ages E: Maplefieldscircleoffriends@outlook.com Tel: 01536 267873 	<ul style="list-style-type: none"> • Northamptonshire Carers https://tinyurl.com/33wvpv927 Location: Northamptonshire Age-Range: All ages E: carers@northamptonshire-carers.org Tel: 01933 677907 	<ul style="list-style-type: none"> • Pen Green - Parents of Children with Additional Needs https://tinyurl.com/mrye9t7v Location: Corby Age-Range: All ages E: suzy.geraghty@northnorthants.gov.uk Tel: 01536 400068
<ul style="list-style-type: none"> • SENds 4 Dad Corby https://tinyurl.com/yrm53687 Location: Corby Age-Range: All ages E: sends4dad@gmail.com Tel: 07753 385583 	<ul style="list-style-type: none"> • SENds 4 Dad Northampton https://tinyurl.com/yrm53687 Location: Northampton Age-Range: All ages E: sends4dad@gmail.com Tel: N/A 	<ul style="list-style-type: none"> • Youthworks https://tinyurl.com/yrm53687 Location: Online Age-Range: 0 to 11 and teens E: cwrighting@youthworksnorthamptonshire.org.uk • Free online Triple P parenting course (for families waiting for an ADHD and/or ASD assessment): https://tinyurl.com/yrm53687. • SEND Group: https://tinyurl.com/yrm53687

Local SEND Social Groups

<ul style="list-style-type: none"> • Action for Children Youth Club, Brackley Location: Brackley Age-Range: 11-18yrs E: northants.disability@actionforchildren.org.uk Tel: 01604 584312 • https://tinyurl.com/mskbjwvx 	<ul style="list-style-type: none"> • Action for Children Youth Club, Daventry Location: Daventry Age-Range: 11-18yrs E: northants.disability@actionforchildren.org.uk Tel: 01604 752553 • https://tinyurl.com/28eupefx 	<ul style="list-style-type: none"> • Action for Children Youth Club, Northampton Location: Northampton Age-Range: 11-25yrs E: northants.disability@actionforchildren.org.uk Tel: 01604 752553 • https://tinyurl.com/5n6p7ft8
<ul style="list-style-type: none"> • Action for Children Youth Club, Wellingborough Location: Wellingborough Age-Range: 11-25yrs E: northants.disability@actionforchildren.org.uk Tel: 01604 752553 • https://tinyurl.com/2a7der7f 	<ul style="list-style-type: none"> • Rush 2 the Den - Freedom Youth Club Location: Rushden Age-Range: 5-14yrs E: river.rush2theden@gmail.com Tel: 07393 432171 • https://tinyurl.com/2p8f2ns5 	<ul style="list-style-type: none"> • Sea Cadets - Northampton (Universal) Location: Northampton Age-Range: 10-17yrs E: info@northamptonseacadets.org.uk Tel: 01604 289005 • https://tinyurl.com/fut8brna
<ul style="list-style-type: none"> • Sea Cadets - Rushden (Universal) Location: Northampton Age-Range: 9-11yrs and 12-18yrs E: info@rushdenseacadets.org.uk Tel: 07980 226021 • https://tinyurl.com/2vu42ayr 	<ul style="list-style-type: none"> • ASD Diversity - Corby https://tinyurl.com/bdde73tp Location: Corby Age-Range: 15yrs plus E: asddiversitycorby@gmail.com 	

Support Services

<ul style="list-style-type: none"> • ADHD & ASD Service (Children & Young People) - NHFT https://tinyurl.com/mr32bxer Location: Northamptonshire Age-Range: 5-18yrs E: northants.pcc@nhs.net Tel: 01536 452400 	<ul style="list-style-type: none"> • Adult ADHD, ASD, and Tourette's Service - NHFT Location: Northamptonshire Age-Range: 18yrs+ E: northants.pcc@nhs.net Tel: 01536 452466 • https://tinyurl.com/2m8fjfp 	<ul style="list-style-type: none"> • Information Advice and Support Service (IASS) - NNC and WNC https://tinyurl.com/4fw2hhwy Location: Northamptonshire Age-Range: 0-25yrs E: contact@iassnorthants.co.uk Tel: 01604 364772
<ul style="list-style-type: none"> • ADHD Wise UK Location: Wellingborough Age-Range: 4-70yrs E: info@adhdwise.uk Tel: 07730 096028 • https://tinyurl.com/4uze7pus 	<ul style="list-style-type: none"> • Children's Occupational Therapy - NHFT Location: Northamptonshire Age-Range: 0-19yrs E: ChildrensOT@nhft.nhs.uk Tel: 0300 027 1350 • https://tinyurl.com/4n7kyeum 	<ul style="list-style-type: none"> • Early Help & Protection Support Service - NCT Location: Northamptonshire Age-Range: 0-19yrs E: childrenstrust@nctrust.co.uk Tel: 0300 126 1000 • https://tinyurl.com/22z5b9cy
<ul style="list-style-type: none"> • Educational Psychology Service (North) - NNC Location: North Northants Age-Range: 0-25yrs E: EducPsychology.NCC@northnorthants.gov.uk Tel: 01604 361416 	<ul style="list-style-type: none"> • Educational Psychology Service (West) - WNC Location: West Northants Age-Range: 0-25yrs E: EducPsychology.ncc@westnorthants.gov.uk Tel: 01604 364770 	<ul style="list-style-type: none"> • Scope - Northants Sleep Right (Sleep Solutions) Location: Northamptonshire Age-Range: 2-19yrs E: karen.smith@scope.org.uk Tel: 07875 575377
<ul style="list-style-type: none"> • SEND Support Service (SSS) - NNC Location: North Northants Age-Range: 0-19yrs E: SSS.NCC@northnorthants.gov.uk Tel: 0300 126 1000 https://tinyurl.com/yarwd7zj 	<ul style="list-style-type: none"> • SEND Support Service (SSS) - WNC Location: West Northants Age-Range: 0-19yrs E: SSS.NCC@westnorthants.gov.uk Tel: 0300 126 7000 https://tinyurl.com/4nf2yta7 	<ul style="list-style-type: none"> • Special Needs Index (SNIX) Magazine - NNC and WNC https://tinyurl.com/yck9fd7y Location: Northamptonshire Age-Range: 0-25yrs E: localoffer.ncc@northnorthants.gov.uk Tel: 01604 366124

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 E: rushdenlakes@360play.co.uk Tel: 01933 522360 • https://tinyurl.com/feuf4s84 	<ul style="list-style-type: none"> • Boost Trampoline Park - SENSational Location: Northampton Age-Range: 4yrs+ E: info@boosttrampolineparks.co.uk Tel: 01604 438181 • https://tinyurl.com/4s4vaxbu 	<ul style="list-style-type: none"> • Disability Inclusive Sports Club (DISC) Location: Towcester Age-Range: All ages E: DISC@northamptonshire-carers.org Tel: 01933 677907 • https://tinyurl.com/yuv3ewjw
<ul style="list-style-type: none"> • Sport4Fitness https://tinyurl.com/threbpvz Location: Northampton Age-Range: 3 yrs+ E: info@sport4fitness-cic.co.uk Tel: 07491 306630 	<ul style="list-style-type: none"> • Gravity Trampoline Park - Disability Sessions Location: Corby Age-Range: 2yrs+ E: enquiries@gravity-uk.com Tel: 01977 529920 • https://tinyurl.com/4bbjfhxt 	<ul style="list-style-type: none"> • Riverside Hub - SENDays Location: Northampton Age-Range: 0-17yrs E: admin@riversidehub.com Tel: 01604 403003 • https://tinyurl.com/mry2bn7a

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

<ul style="list-style-type: none"> • Northamptonshire Football Association - Pan Disability Clubs https://tinyurl.com/yjxxy9bu Location: Various Age-Range: 7-25yrs E: christian.smith@northantsfa.com Tel: 01604 678400 	<ul style="list-style-type: none"> • NMPAT - Relaxed Sing-Alongs Location: Barton Seagrave Age-Range: All ages E: office@nmpat.co.uk Tel: 01604 637117 • https://tinyurl.com/2m57ksrr 	<ul style="list-style-type: none"> • NMPAT - Y-Not Arts Location: Northampton Age-Range: 9-25yrs E: Ynot@NMPAT.co.uk Tel: 07944 296741 • https://tinyurl.com/mrxme6fw
<ul style="list-style-type: none"> • Northants Disability Cricket Club Location: Northampton Age-Range: All ages Email: pratik.rachh@nccc.co.uk Tel: 01604 514455 • https://tinyurl.com/3ufcut57 	<ul style="list-style-type: none"> • Northants Disability Tennis Network Location: Northampton Age-Range: All ages Email: northantsLTA@gmail.com Tel: 0208 487 7000 • https://tinyurl.com/47xybjjj 	<ul style="list-style-type: none"> • NRG Disability Sport 4 All Location: Corby Age-Range: 8yrs+ Email: sportsdevelopment.cbc@northnorthants.gov.uk Tel: 01536 464047 • https://tinyurl.com/4uawaeja

National Organisations

<ul style="list-style-type: none"> • ADHD Foundation https://tinyurl.com/33pd26pn Location: National Age-Range: All ages E: info@adhd.foundation.org.uk Tel: 01515 419020 	<ul style="list-style-type: none"> • ADHD UK https://adhd.uk.co.uk/ Location: National Age-Range: All ages E: hello@adhd.uk.co.uk Tel: 020 3984 9679 	<ul style="list-style-type: none"> • The National Sleep Helpline Location: National Age-Range: All ages E: info@thesleepcharity.org.uk Tel: 0330 353 0541 • https://tinyurl.com/2msrb3fx
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Northamptonshire's Local Offer



This factsheet was produced by Northamptonshire's Local Offer team. 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

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