

**Stephanie Moulton Sarkis PhD NCC LMHC**

7205 South Hoover Boulevard, Suite 407

Tampa, Florida 33609

[www.stephaniesarkis.com](http://www.stephaniesarkis.com)

**ADHD Tips for Teachers**

1. Rules and instructions should be brief and visible to the student at all times. Post the rules in different locations in the room. Also, leave the walls relatively free of other items.
2. ADHD students respond very well to rewards. Rewards should be given immediately. Rewards should also be varied, since students with ADHD will become bored and less motivated if the rewards are always the same.
3. Students should be notified when a transition is about to occur. This includes changing subjects or classes. Give the student the rules for transition time, and have him or her repeat the rules back to you. Also let the student know the rewards and consequences of behavior before transition times occur.
4. Protect the ADHD student's self-esteem. Correct him or her in private. Also do not tolerate any teasing or bullying by classmates.
5. Have a relaxation exercise for the whole class after lunch and recess.
6. Use non-verbal cues that only you and the student know in order to let him or her know when they are off task.
7. Permit fidgeting or "wobble worm" behavior.
8. Do not send incomplete classroom work home as homework.
9. Never withhold recess or sitting with the class during lunchtime.
10. Incorporate hands-on learning into your curriculum. Students with ADHD love to learn by doing.

Office 813.203.2343 • Fax 888.974.0298 • Email [Stephanie@stephaniesarkis.com](mailto:Stephanie@stephaniesarkis.com)

Author of *10 Simple Solutions to Adult ADD*, *Making the Grade with ADD*, and *ADD and Your Money*