

ADD/ADHD

Workshop

Who am I



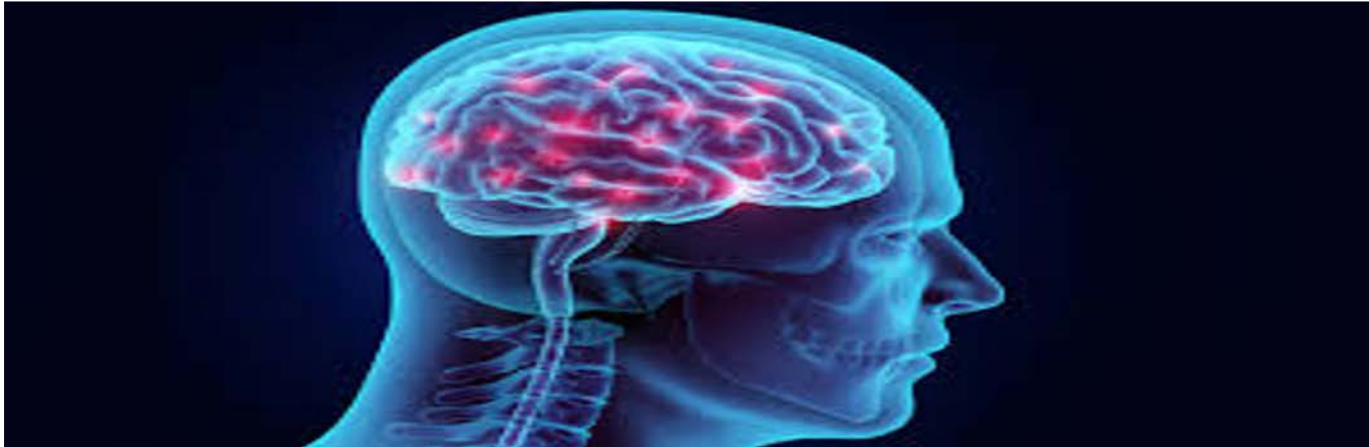
ADD/ADHD



Please see video posted on website!

The Science

- ADHD is caused by changes in the brain chemicals called neurotransmitters.
- Neurotransmitters manages everything from our breathing, heartbeat, learning and concentration.
- Low amount of Dopamine will cause symptoms of ADHD.



ADHD Brain

- ADHD interferes with the capacity to regulate activity levels and inhibits behaviors.
- ADHD affects emotions, academic performance and Social Skills.
- Children with ADHD often have other problems such as depression, anxiety, oppositional defiant disorder, language disorders or learning disabilities.



ADHD Behaviors

- ADHD children can express in words what the expectations are but have tough time internalizing them.
- ADHD children struggle with waiting patiently.
- ADHD children often use physical aggression to express their feelings.



Escalated Behaviors

- Shutting Down
- Crying
- Running
- Verbal Aggression
- Physical Aggression



De-Escalation Strategies

Calming Strategies

- Deep Breathing
- Squeezing Hands and Letting Go
- Observing Outdoor Surroundings

Taking A Break/Wait and Cool Off

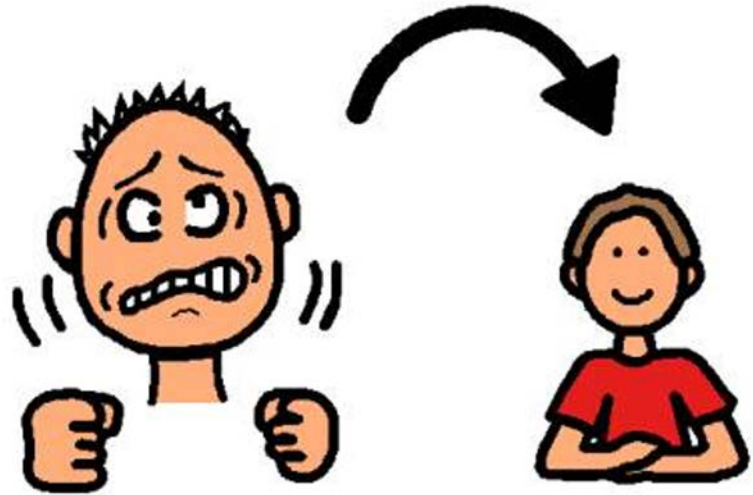
Reminders of any Incentives

Jokes/Stories

Choices

Give Them Space

- For example: “I know you will be ready to talk when you are sitting in your seat quietly”



Behavior Support



- Make sure they know the schedule.
- Beware of auditory and visual distractions.
- Give them 'think time' before they answer.
- Think out loud to problem solve.
- Praise specific behaviors or when they improve upon behaviors!

Emotional Support

- Listen to them.
- Provide a safe environment
- Pick your battles.
- Treat them with Respect!



Camp Counselors

THANK YOU!

