



Does your child struggle to focus at school?

Are you worried your child may have ADHD?





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**A lack of focus
and maturity is a
normal stage of
development in
children.**

**So why are more and
more teens struggling
to focus in school and
reach their potential?**



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Screen Usage

- **A screen is entertainment.**
- **Video games are entertainment.**
- **Social media and smartphones are entertainment.**



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As adults we are all guilty of playing a quick game on our phones, checking emails, the weather or if our Vinted item has sold.

Adult brains are already fully developed so also understand that things eventually need to get done.



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**Children's brains are not yet mature
(The judgement centre of our brains doesn't fully
develop until we are 25.)** University of Rochester Medical centre

**Children crave low effort and high reward activities so
they struggle to restrict this screen use on their own.
Screen use creates a reward pathway which is often
going to be chosen over something that is more
difficult.**



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- **Extra screen use causes loss of memory. - we don't use our brains to think we just search for an instant answer.**

Our brains become weaker and less resilient. "if you don't use it, you lose it"

- **Loss of memory means loss of attention skills – the muscle (our brain) becomes weaker and easier to distract.**



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Young people are conditioned to use their devices for entertainment purposes for most of their waking day; it is hard to break that habit and switch gears in the classroom.



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What you can do to help.

Globally, the average person spends nearly 7 hours a day on screens. – nearly a third of a day – every day! (and often more)

If your child is struggling to focus in school, simple changes can help them improve their resilience and ability to focus.

- **Review your child's screen time - talk to your child about this.**

Reading a book on a kindle is doing different things to your brain than You tube and social media.

- Play games off screens
- Get outside
- Offer alternative activities
- Don't use technology to find answers



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Signs of ADHD





Inattentive Symptoms of ADHD.

- Makes careless mistakes in schoolwork, overlooks details.
- Easily distracted.
- Difficulty following instructions.
- Doesn't seem to be listening.
- Trouble organising tasks and possessions.
- Often fails to finish things.
- Often resists tasks that require more effort, including homework.
- Often loses things.

Hyperactive or impulsive Symptoms of ADHD.

- Often fidgets or squirms.
- Has trouble staying in seat.
- Runs or climbs where it is inappropriate.
- Has trouble playing quietly.
- Is very impatient and struggles to wait their turn.
- Always seems to be on the go.
- Talks excessively.
- Shouts out.
- Interrupts conversations or activities.



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Lack of focus isn't the only trait of ADHD
so if you still have concerns.....

- Contact the SEN department via **Office @keslichfield.org.uk**
- The school can put some small adjustments in place to see if it helps.
- Please be aware there is a 2 year waiting list for referrals for pupils with ADHD and a referral can't be sent off without a minimum of 3 months of evidence in 2 different settings.
- A diagnosis of ADHD or not, still means the child must work hard to achieve their goals, as with any pupil. Support from school will help level the playing field to begin with.