

# 40 Best School Accommodations for Your ADHD Child

**Here are the accommodations to request in your child's IEP or 504 plan to assure academic success.**

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## **Manage Impulsivity in the Classroom**

For a child who speaks out of turn:

- > Seat him front and center, near the teacher, and away from distractions
- > Discuss the behavior in private rather than calling him out in front of the class
- > Have him sit next to a well-behaved role model
- > Increase the distance between desks, if possible
- > For younger students, mark an area with tape around his desk in which he can move freely

## **Help for Half-Done or Incomplete Assignments**

- > Allow extra time to complete assigned work
- > Break long assignments into smaller segments, each with a deadline
- > Shorten assignments or work periods
- > Pair written instructions with oral instructions
- > Set a timer for 10-minute intervals and have the student get up and show the teacher her work

## **Help Classroom Focus**

If your child doesn't participate, drifts off when taking notes, or turns in work with mistakes:

- > Have a peer assist him in note taking
- > Have the teacher ask questions to encourage participation
- > Enlist him to help present the lesson
- > Cue him to stay on task with a private signal—a gentle tap on the shoulder
- > Schedule a five-minute period for him to check over work before turning in assignments

## **To End Disruptive Classroom Behavior**

- > Have the teacher ignore minor inappropriate behavior
- > Allow the student to play with paper clips or doodle
- > Designate a place in advance where to let off steam
- > Adjust assignments so that they are not too long or too hard

> Develop a behavior contract with the student and parents (share info about what works at home or vice versa)

### **For the Daydreamer in Class:**

- > Have the teacher use clear verbal signals, such as “Freeze,” “This is important,” or “One, two, three...eyes on me”
- > Allow the student to earn the right to daydream for 5-10 minutes by completing her assignment
- > Use a flashlight or a laser pointer to illuminate objects or words to pay attention to
- > Illustrate vocabulary words and science concepts with small drawings or stick figures

### **Settle Fidgety, Restless Behaviors**

If your child taps his foot or pencil nervously in class or gets up out of his seat a lot:

- > Allow him to run errands, to hand out papers to students, clean off bookshelves, or to stand at times while working
- > Give him a fidget toy in class to increase concentration
- > Slot in short exercise breaks between assignments
- > Give him a standing desk or an air-filled rubber disk to sit on so he can wiggle around

### **Keep Track of Homework and Books**

If your child forgets to bring home homework assignments or books, return papers to school, or to put his name on his paper:

- > Use an assignment notebook/student planner
- > Allow students to dictate assignments into a Memo Minder, a small three-minute tape recorder
- > Staple the teacher’s weekly lesson plan in the student’s planner
- > Reduce the number of papers that are sent home to be signed
- > Appoint monitors to make sure that students write down homework assignments
- > Allow student to keep a second set of books at home

### **Put Time on His Side**

If your child has trouble with due dates and deadlines:

- > Give advanced notice about upcoming projects and reports
- > Stand next to the student to make sure that the assigned task is begun quickly
- > Present all assignments and due dates verbally and visually
- > Use timers to mark transitions—putting materials away before starting a new subject or project

### **Expand Her Social Network**

If your child is clueless about social cues, doesn’t work well with others, or isn’t respected by peers:

- > Set up social-behavior goals with her and implement a reward program
- > Request that the school establish a social skills group
- > Encourage cooperative learning tasks

- > Assign her special responsibilities or a leadership role
- > Compliment positive behavior and work
- > Acknowledge appropriate behavior and good work frequently

### **Take the Fear Out of Writing**

If your child is challenged by written assignments:

- > Allow more time for written assignments and essay questions
- > Shorten reports or assignments
- > Allow students to print; don't require cursive writing
- > Allow the option of a recorded or oral report in lieu of writing
- > Encourage students to use a computer for written work
- > Allow the use of spell check and grammar check software

### **Reduce Math Anxiety**

If your child does not finish math tests, is slow to finish homework, or has problems with multi-step problems:

- > Photocopy pages for students so they do not have to rewrite math problems
- > Keep sample math problems on the board
- > Allow use of a calculator for class- and homework
- > Give review summaries for math exams
- > Give extended time on tests

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