



ATTENTION & CONCENTRATION

Parent's Free Guide

MEET THE Founder



Welcome to your free parents guide.

This e-book resource has been put together for parents who may feel helpless not knowing what to do and how to support their child through their learning journey.

I hope you find this resource helpful.

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"Parents are in a unique position to be able to support their children on their learning journey."

Natalie Nicholls

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INTRO

Is your child struggling with behaviour and learning?

Maybe they have ADHD or ADD? How do you know?

One of the most common comments I hear from parents is that they feel out of their depth when it comes to their child's learning and behaviour.

Is there anything you can do to help. The answer is YES!

The best part is, as a parent, you are in a unique position to make a HUGE impact on your child's learning.

Let's get started.

Increasing your knowledge increases your confidence!

What is ADD or ADHD?

Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) are neurological disorders that affect ones ability to be able to stay focused on a task.

The main difference between the two, is ADHD is hyperactive type, having trouble sitting still, restless and are quickly labelled as the naughty child.

ADD children are not the children bouncing off the walls, instead they may appear shy and off in their own little world. Children appear to be sluggish, slow to respond and process information.

Both are easily distracted and seem to be careless or forgetful.

It is important to understand that children with ADHD/ADD are not intentionally being impulsive or daydreaming.

Studies have shown that several genes may relate to a child being more susceptible to attention deficit hyperactivity disorder (ADHD). Literature suggests that ADHD relates to a dysfunction in the “brain reward system,” particularly in the dopamine system. Dopamine is a neurotransmitter made by the body. It relates to our levels of focus, motivation and concentration. Those with ADHD tend to have low levels of dopamine (Blum, K, 2008).

Children with ADHD commonly suffer from sensory overload (Miller and Blum, 2008). They have a heightened awareness of light, sound and touch. They then find it difficult to filter (or cut out) background noise and find it difficult to concentrate on one task.

Children with ADHD commonly have trouble completing tasks, making plan and organising thoughts. This can commonly be seen in writing too, where they find it difficult to get thoughts onto paper in an organised manner.

Research shows that children with ADHD tend to be disorganised, have messy bedrooms, chaotic activities and cluttered unfinished projects.

ADHD is not related to intelligence, in fact, many are highly intelligent. It is the lack of ability to concentrate and sustain interest that leads to underachievement.

When children with ADHD are under stress, they can become explosive, leading to tantrums, yelling and screaming. They tend to be impatient, don't like to wait in line and act impulsively. No matter what is happening, they want to go quickly and have it finished.

Commonly children act without thinking and can get themselves into danger or hurt themselves.

As adults, they tend to be restless, easily bored, rebellious when asked to follow a routine, and always on the move.

Indicator Checklist

The following are common indicators for ADD:

- Makes careless mistakes, does not give close attention to details
- Has trouble keeping attention on tasks or play activities
- Has trouble organising things
- Often doesn't seem to be listening when spoken to.
- Often loses items needed for activities
- Avoids tasks that require a heavy load of mental effort
- Easily distracted
- Forgetful

ADHD

- Cannot sit still to complete tasks.
- Gets up from seat regularly.
- Excessively runs about or climbs when it is not appropriate.
- Difficulty playing activities quietly.
- Talks excessively
- Impulsive
- Cannot wait their turn, commonly pushes in.
- May get into trouble for behaviour more than others.

NEXT STEPS

Is there anything I can do to help my child with ADD/ADHD? YES!

Firstly, it is important to understand that it is highly likely your child is trying their very best. So, please don't think they are not trying.

Older children may have given up, but younger children commonly try their best.

STEP 1:

Get on top of your child's nutrition, emotional wellbeing, movement/exercise and sleep. Research studies have shown that diet, supplements and exercise had similar benefits and an alternative to ADHD medication (Ritalin). Check out our courses and programs to teach you how to get your child's brain and body ready for learning.

STEP 2:

Be careful to quickly label your child as ADHD. Many diagnosis's are made through screening checklists!

STEP 3:

Be understanding and compassionate. Children with ADHD are highly sensitive and commonly don't respond well to traditional parenting styles of punishment.

Attention-deficit-hyperactivity disorder and reward deficiency syndrome.

Blum, K., Chen, A. L., Braverman, E. R., Comings, D. E., Chen, T. J., Arcuri, V., Blum, S. H., Downs, B. W., Waite, R. L., Notaro, A., Lubar, J., Williams, L., Pihoda, T. J., Palomo, T., & Oscar-Berman, M. (2008). Attention-deficit-hyperactivity disorder and reward deficiency syndrome. *Neuropsychiatric disease and treatment*, 4(5), 893–918. <https://doi.org/10.2147/ndt.s2627>

Final Thoughts

Reach Out!

I hope you found the e-book helpful.

Navigating a child's learning journey can be challenging, but it doesn't have to be.

The PLECS Learning Approach courses and program can support a child's development and areas of need.

Check out more details on the website at
www.plecslearning.com.au

I look forward to journeying with you.

Warm regards,

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