

ADHD – Inattentive Type (ADD)

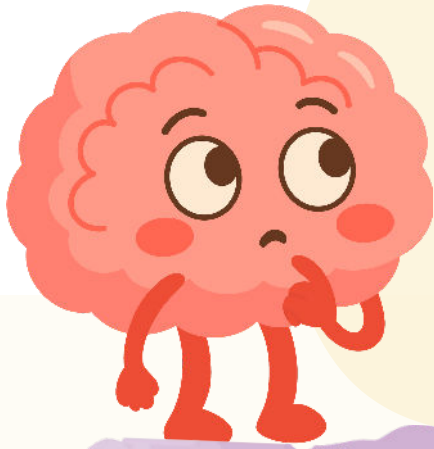
Children aged 6 to 12

Children with ADHD of the inattentive type often go unnoticed because they are quiet and do not cause disruptions. They are often described as “daydreamers.”

It is the same neurodevelopmental disorder, but in this case, the child does not struggle with hyperactivity—only with difficulties related to concentration and attention.

IT IS NOT...

- An intellectual deficiency;
- A lack of motivation;
- A lack of willpower;
- Laziness.



A child's difficulty concentrating or maintaining attention is **not voluntary**, and it is real.

While the hyperactivity and impulsivity associated with ADHD tend to decrease with age, **symptoms related to inattention tend to remain more persistent.**

TYPES OF ATTENTION

Selective attention

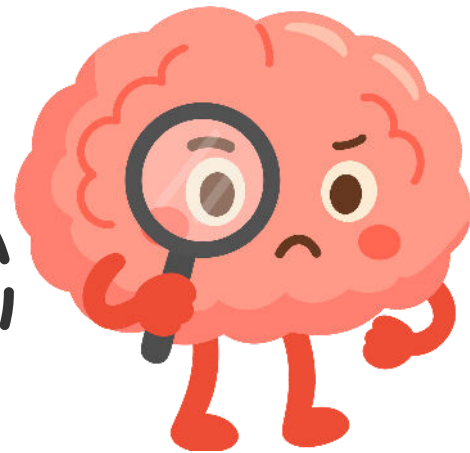
It is the ability to focus attention on a specific object or task. Example: listening to the teacher in class.

It is the ability to concentrate on an auditory element while also focusing on a visual element. Example: listening to the teacher while taking notes.

Divided attention

Sustained attention

It is the ability to sustain attention on something for a long period. Example: staying focused on a math exercise.



SYMPTOMS

Inattention can impact the ability to:

- Focus on a conversation
- Resist distractions
- Maintain attention on a task for more than 15 minutes
- Complete a task
- Remember instructions
- Plan and organize

Inattention can also lead to tendencies to:

- Avoid activities that require sustained mental effort
- Isolate oneself
- Have violent reactions
- Misplace things

POSSIBLE ADAPTATIONS

- Remove external stimuli that may distract the child
- Seat the student near the teacher, at the front of the classroom
- Remove all materials that are not essential for the activity
- Give only one task or instruction at a time

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For more tips and advice on supporting people with ADHD, feel free to contact us!

Sources :

1. HERRY, André. (2013). Le TDA/H en quelques mots et quelques images. TDAH/H Belgique.
2. TDA sans hyperactivité : quelle différence? Dyspositif. TDA sans hyperactivité : quelle différence ? - DYS-POSITIF