

WHAT DO I DO IF I THINK MY CHILD SHOWS TRAITS OF ADHD OR ASD?

INFORMATION FOR PARENTS



*It is important to remember that at OLOL, we make sure that we treat every child as a unique and special individual. **We will always strive to meet every child's needs, regardless of whether they have a diagnosis or not.***

If you notice that your child is finding certain things a struggle, you may be considering a referral for ASD or ADHD. We can support you with this process. We ask that you follow these steps so that we can make accurate observations of your child in school to help you to make an informed decision and provide detailed responses to medical questionnaires.



Observe and record

- Keep a diary of behaviours, triggers, sleep and diet
- Record where difficulties happen: home, school or social settings
- Record how long concerns have been happening
- Allow 6-8 weeks between strategies, if you can, so you can observe if they are helpful



Health Visitor or Speech Therapist

- *If your child is under 5, speak to their health visitor and discuss your concerns.*
- *If your child works with a Speech and Language Therapist, you can speak to them too.*



Speak to the Class Teacher

- Share your concerns with them. It is useful to say exactly what you have noticed and when you notice it. That way, we can let you know if we see similar things in school.
- Review current support and any additional strategies that may be needed.
- Monitor these with your teacher for 4-6 weeks.

Arrange an appointment with the SENDCo

The SENDCo will speak to you and your child's teacher. They may suggest some of these actions:

In school:

- Making a sensory profile for your child
- Adding your child to the SEND register, with a Personal Learning Plan, if they aren't already
- Supportive interventions

Referrals to:

- The School Nursing Team
- My Care Bridge (the Lighthouse) to triage for the diagnosis pathway
- The Specialist Teacher Team (or to EY SEND team if your child is in nursery or reception)
- Other agencies who may provide support



Please remember that a diagnosis of ASD or ADHD does not mean that your child will be added to the SEND register if their needs can be met through the provision that is ordinarily available in school. Many children with ASD or ADHD are able to learn and progress in school without specific adaptations. We will keep a record of their diagnoses and monitor them regularly for any changes in their learning.