

# ADHD Edition

by Sabrina Wang, Serina Wu, and Ruthie Reyna

## Links to Past Newsletters

<https://www.smores.com/svj8u> - Autism Awareness Month

<https://www.smores.com/jngg4m> - Online Learning/At Home Strategies for Parents and Teachers

<https://www.smores.com/sj7vk> - Dyslexia Edition (Interview with Ms. Julie and Mr. Nick)

<https://www.smores.com/0dcj8> - KG Edition

## ADD? ADHD? What is it?

"Attention deficit hyperactivity disorder comprises three distinct subtypes – inattentive (traditionally called ADD), hyperactive-impulse (traditionally called ADHD), and combined. Symptoms vary significantly for each type – from bouncing-of-the-walls energy to quiet spaciness and profound disorganization."

### [Website](#)

In this edition we interviewed Mr. Pat, 4th grade teacher at BIBA and Mr. Christopher Kyle, MSHS English Teacher at BIBA.

### ADD ? ADHD ? 到底是什么 ?

"注意力缺陷多动障碍包括三种不同的亚型 - 注意力不集中（传统上称为ADD），多动冲动（传统上称为ADHD）和以上两种的混合型。每种类型的症状有很大的差异 - 可能是异常活跃，也可能是安静地独自分神，或是做事非常的没有条理，杂乱无章。

在本期中，我们采访了BIBA的四年级老师Pat先生和BIBA初高中的英语老师Christopher Kyle先生。

(Some answers were paraphrased and not a direct quote. Direct quotes are in quotation marks. Links to an external website source are in blue.)

### 采访

(有些回答不是直接引用，而是采用转述的方式。直接引用部分用了双引号。外部资源网站的链接已用蓝色标出。)



### Mr. Pat

4th Grade Teacher

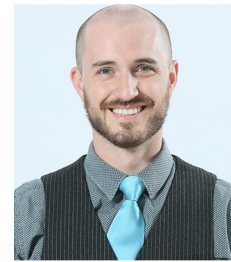
Pat老师是海嘉四年级的英文班主任



### Awareness

Want to learn more?

[ADHD Resources & Links from ADDitude Magazine](#)



### Mr. Christopher Kyle

MSHS English Teacher



## Interview with Mr. Pat

### Q&A

#### What were your main struggles in school?

My behavior...I got in trouble often.

I bothered people; I did not pay attention. After school I would go for after school enrichment, but I was often put in the time out chair to start the class in order to make up for the time from the previous day.

I went to a Montessori school, so in one classroom there might be multiple grades together. I was bigger than most kids and kind of a bully. I would not listen to the teacher. Always drawing on my paper in class.

#### 你在学校遇到的最大困难是什么?

我的行为.....我经常惹各种麻烦!

我打扰他人,我没有专注听讲。放学后,我有课外活动,但我经常被要求坐在“暂停活动”椅上。

我小时候上的是蒙台梭利学校,所以一个教室里可能有多个年级的学生。我在学校里有点霸道,我不愿意听老师的指令,上课时总在纸上涂鸦。

### What strategies helped you the most?

Teachers would have me sit next to them. They tried time out, but that did not work. Telling me to, "Think before you act" did not work. Consequences did not really help me change my behavior. My **impulses** would override my desire to avoid any punishments.

My parents put me on Ritalin medicine when I was in 1st or 2nd grade. That would help me focus in class, but it had side effects like loss of appetite, and I was more withdrawn from my peers.

### 什么策略对你最有帮助?

在独立学习的时候，老师们会让我坐在他们旁边，这对我很有帮助。他们曾经试过让我暂停活动，但对我没起什么实质作用。老师们还告诉我要“三思而后行”，显然也没有起什么作用。这些方法并没有真正帮助我去改变行为。虽然我不想坐在“暂停活动”椅上，但是我无法控制自己的冲动行为。

在一二年级的时候，我的父母让我服用利他林（当时在美国治疗ADHD最常用的药物），药物可以帮助我在课堂上集中注意力，但它也有一些副作用，比如可能引起食欲不振，并且我被其他同学更加孤立了。

### When/How did you find out you had ADD?

In 1st grade, one of my classmates' father was a psychiatrist, and he tested me. Back then, I was diagnosed as ADD, but as more research has come out, I think it was more likely that I have ADHD.

[ADD vs. ADHD Symptoms: 3 Types of Attention Deficit Disorder \(additudemag.com\)](http://additudemag.com)

你是什么时候/怎么发现自己患有注意力缺陷多动症的?

一年级的時候，我有一位同學的父親是精神科醫生，他給我做了一些相關測試。那時，我被診斷為ADD（注意力缺陷症），但隨著越來越多的研究出來，我認為我更有可能患有注意力缺陷多动症

（ADHD）。[点击查看注意力缺陷和注意力缺陷多动症的对比特征 ADD vs. ADHD Symptoms: 3 Types of Attention Deficit Disorder \(additudemag.com\)](http://additudemag.com)

# Examples of ADHD Masking



Staying too quiet and being overly careful about what you say



Obsessively checking your belongings



Reacting as you are expected to instead of how you feel inside



Developing perfectionistic tendencies



Suppressing stimming behaviors like leg bouncing



Mimicking or copying other people in social situations

verywell



儿童 ADHD 互助社

儿童 ADHD 科普、学龄前以及学龄期干预方法；多动症最新前沿研究分享。 [更多](#)

15篇原创内容

IP属地：北京



Go To WeChat



ADHD

**“It feels like electricity running through our body causing discomfort and we need to get that energy out. Most of the time, we don't even know we are doing it.”**

“感觉就像电流穿过我们的身体，引起的不适，我们需要把这种能量释放出来。大多数的时候，我们甚至不知道自己在做什么。”

**If you could tell teachers something about ADHD what would it be?**

We can't control ourselves. **It takes time** and maturity for students to learn self-control techniques and strategies.

**Be patient.** Your student is not doing it to bother you...they **need** to move and stand up. They are not doing it to be defiant, their body just needs to physically move.

*“It feels like electricity running through our body causing discomfort and we need to get that energy out. Most of the time, we don't even know we are doing it.”*

Let students get up and move in. Maybe let them stand in the back of the classroom or to the side. Maybe have a large yoga ball for them to sit on at their desk. Use little fidgets to keep their hands busy.

## 如果请你和老师们分享关于多动症的事，你会说什么？

我们无法控制自己！多动症学生在学习自我控制技巧和策略的过程中，需要花费大量的时间练习和自我成长。

老师要对多动症学生耐心！耐心！再耐心！你的学生这么做不是为了打扰你.....他们需要动起来，站起来。他们这样做不是为了针对某个人，去违抗他，只是他们的身体需要运动。

“感觉就像电流穿过我们的身体，引起的不适，我们需要把这种能量释放出来。大多数的时候，我们甚至不知道自己在做什么。”

让学生们站起来，动进来。也许让他们站在教室的后面或旁边，也许可以让他们坐在大瑜伽球上面听课，或是让他们的手忙碌起来。

## What subjects did you thrive in?

**Everything!** I did not have to take math in college because I finished it all in high school. I enjoy writing poetry, solving problems, and P.E. class.

I learned Chinese in college, then I studied abroad in China. I loved watching movies and listening to music in Chinese to learn more.

你擅长哪些科目呢？

所有的科目！因为我在高中就把数学都学完了，所以在大学里不用学习数学。我喜欢写诗，解决问题以及体育课！

我从大学开始学中文，之后机缘巧合，我来中国留学。我喜欢看中文电影，听中文音乐来学习更多知识！

## If you could share your experiences with our students who have ADHD and/or who struggle in school, what would you want them to know?

You are not a bad student. It is hard to control impulses, especially in elementary school. It is wise to find an adult who understands you. Find someone who is patient. Seek out compassionate friends and teachers.

Eventually, you will be able to learn how to control your impulses.

如果你能和我们那些患有多动症和/或在学校有困难的学生分享你的经历，你希望他们知道什么？

你不是一个坏学生。冲动很难自我控制，尤其是在小学阶段。找一个懂你的朋友是明智的，希望你找到一个对你有耐心的朋友！去寻找富有同情心的朋友和老师吧！终有一天，你会学会如何控制自己的冲动行为。

## Any suggestions for parents?

There are different options for your child if you suspect they have ADHD/ADD.

My parents went the route of medication. If not interested in medication, let the teacher know. It's ok as well. Teachers have strategies for working with these students. Although I took medication, I don't always recommend that for children unless it's a severe case that affects the ability to learn and socialize.

## 对于家长，您有什么建议吗？

如果你怀疑你的孩子患有多动症，你有不同的选择。

我父母帮我选择了药物治疗。如果对药物治疗不感兴趣也没关系的，请提前让老师知道孩子的特殊情况。



## Keep in communication with teachers.

Quiet rooms at home, away from window for them to be able to focus on studies.

A timer does not always help. They might get too fixated on the timer.

Be patient. They will mature.

Yelling is not going to help or change them to be better.

Set small goals to help make steps towards big goals. The child needs to be in on the decision making for rewards. Focus on the positive behavior, not negative.

与老师保持积极的沟通。

在家里，给孩子安排一个远离窗户的、安静的房间，让他们能够集中精力学习。

计时器并不总是有用的，孩子可能会过于关注计时器。

要有耐心。他们会逐渐成长，变得更加成熟。

大喊大叫是无效的。

设定可实现的小目标，可以帮助孩子朝着大目标稳步迈进。在商量对孩子的奖励时，孩子也需要参与决策。请您多关注并鼓励孩子积极的行为，而非消极行为。

## How would you have liked classroom teachers to help you when you were in school?

I had the best teachers in elementary! They were very **patient** with me.

I was very lucky to have consistent teachers, for multiple years in a row due to it being a Montessori style education. They understood me and had figured out what would help me thrive in my environment.

### 你在上学期间，希望班主任如何更好的帮助你呢？

我小学的时候，有最好的老师！他们都对我很有耐心。

我很幸运，能有这么多始终如一的老师。因为我接受的是蒙台梭利式教育。老师们理解我，也知道怎样才能更好的帮助我在校园环境里茁壮成长。

## In what ways has ADD/ADHD helped you as a teacher?

I do not yell at my student who is struggling. I talk to him calmly. I am more understanding with my students. I recognize my ADHD traits in students more quickly. Mostly it has helped me connect and understand my students.

"I am also very entertaining because I need to move around! I like what I am teaching!"

I like challenges like solving problems and thinking of different ways to help kids learn. They appreciate the extra attention, and it makes me happy to see them learning.

作为一名教师，ADD/ADHD在哪些方面对你的工作有帮助？

我不会对努力学习的学生大喊大叫，我会心平气和地跟他们说话。我更理解我的学生，我能更快速地在学生身上发现他们的闪光点。最重要的是，ADD/ADHD特质帮助我，更好的理解孩子们，并且与他们建立更强的联结。

"我的教学风格也很有趣，因为我自己需要四处走动！我喜欢我所教的东西！"

我喜欢挑战，喜欢思考不同的方法来帮助孩子学习。他们很感激我的额外关注，我也很高兴看到他们在努力学习。

## Anything else you want to share with our parents, teachers, and students?

If you think your child is struggling with ADHD, contact your child's teacher, a specialist, or contact me! We can chat and I can help you out. I sympathize because I have lived it. Kids are quite special, and they quite often have untapped special abilities and gifts hidden beneath the rough exterior we all see. It is fun to try and 'unlock' their secret abilities, but it takes compassion and patience. Your kids will be ok, in time. We all mature at different times. You will see!

### Practice: **Compassion and Patience**

你还有什么想和我们的家长、老师和学生们分享的吗?

如果你认为你的孩子患有多动症, 请联系我! 我们可以交流心得, 我也许可以帮助你。我对ADHD学生们的情况感同身受, 因为我自己亲身经历过! 孩子们都是很特别的, 他们通常有未开发的特殊能力和天赋。尝试“解锁”他们的神秘能力是件很有趣的事。

终有一天, 孩子会找到适合他们自己的方法。

关键词: 同情心和耐心。



### **Interview with Mr. Kyle**

Mr. Kyle was diagnosed at the age of 7. He was put on medication to help cope with his ADHD soon afterward. At the age of 18 he made a decision to go off medication to learn some coping strategies. That does not mean the symptoms were erased during his school years, but it did help with his impulse control and executive functioning skills. Now, as an adult, he has learned different strategies to help him with time management. Listing out what he needs to accomplish and breaking tasks into smaller chunks.

Kyle老师在他七岁的时候被诊断出注意力缺陷多动障碍 (ADHD), 在确诊之后不久, 他开始服用药物来帮助应对他的多动症。18岁时, 他自己决定停止用药, 通过学习一些应对策略来改善多动症。这并不意味着在他上学期间症状就消失了, 但是这些应对策略确实有助于他抑制冲动和提高一些执行功能。现在, 作为一个成年人, 他已经学会了使用不同的策略, 来帮助他更好的管理时间。比如列出他需要完成的任务, 并把大任务分解成小块任务。

#### **1. What were your strengths in school and what were your struggles?**

I did really well in learning languages! I can speak Chinese, French, and English.

I struggled to stay focused in class and I struggled in Math class.

### 1.你在学校的优势和困难分别是什么?

我学语言学得很好!我会说汉语、法语和英语。  
我在课堂上很难集中注意力,在数学课上也很吃力。

### 2. What strategies helped you the most in school?

I am so thankful to have had good teachers in school who helped me. I had one teacher who would make sure that I was seated in the front room. This would help me not get distracted by the things/people around me and focus on what the teacher was teaching. One of my math teachers would go back through the lesson of the day with me at the end of class.

My mom would help me at home by sitting near me when I was doing my homework. Just me knowing someone was nearby helped me stay on the task at hand.

### 2.在学校里什么策略对你最有帮助?

我很感激学校里有帮助我的好老师。有一位老师,他每次上课都会确保我坐在教室前面。这将帮助我不被周围的物/人分散注意力,专注于老师所教的内容。我的一位数学老师,会在下课之后跟我回顾当天的课程。

当我在家里做作业的时候,妈妈会坐在我的旁边。只要我知道有人在我周围,就能帮助我专注于手头的任务。

### 3. If you could share your experiences with students who also struggle in school, what would you want them to know?

You are not your diagnosis, you are still a unique person with your own personality. You still make your own decisions. Your label is not an excuse, use it as a tool to help you find what strategies work for you.

Find people to support you and encourage you. Failure is an important part of the learning process, it is not something to be ashamed or embarrassed about.

### 3.如果你能把你的经历分享给同样在学校遇到困难的学生,你想让他们知道什么呢?

诊断不能定义你的全部,你仍然是一个独特的人,有你自己的个性。你还是可以自己做各种决定。不要把你的诊断标签当作一个借口,而是把它当做一个工具,来帮助你找到适合你的策略。

找一些支持你、鼓励你的人。在学校经历失败和遇到困难是正常的,这是一个学习的过程。

### 4. Do you have any suggestions for parents?

Patience. Early diagnosis will help your child understand the reason for their struggles in school.

### 4.你对家长们有什么建议吗?

要耐心。早期诊断将帮助你的孩子了解他们在学校遇到困难的原因。

### 5. In what ways has ADHD helped you in your teaching roles?

I am able to relate to my students who struggle to stay focused.

I require all of my students to use a planner in class. It is a skill to help them remember what assignments they have due that day and what to plan for.



Routines and schedules help all students but especially those who struggle with ADHD. The consistency and predictability help them with organizational skills.

### 5.你的多动症在哪些方面帮助了你的教学工作?

我能够设身处地的为那些无法专注的学生着想，并与他们建立联结。

我要求我所有的学生在课堂上使用带有月历的学习计划记事本/行事历。这是一种技能，可以帮助他们记住当天有什么任务要完成，以及要做什么计划并在截止日期前有序完成。

## How People With ADHD Can Boost Emotional Regulation Skill



**Step back and name your feelings**



**Identify bodily signs of emotions**



**Write it out**



**Exercise instead of reacting**



**Listen to music or play an instrument**



**Prepare a list of healthy coping mechanisms**

## WeChat Channels you can check out to learn even more!



**ADHD 互助联盟**

从事多动症基础与干预研究。本人本硕心理学，是个老ADHDer。功能定位：儿童、成人ADHD科普、心理... >

视频号: 涛哥聊多动症 ADHD

364 篇原创内容

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ADHD 家长互助平台、信息交流平台。家长帮助家长，用家长的力量，为 ADHD 孩子撑起一把小伞。每一... >

67 篇原创内容

ADHD



**刘小羊说多动症 ADHD ★**

知名主播刘小羊和你一起分享 ADHD 儿童多动症知识，科学养育有声宝典。 >

视频号: 刘小羊说多动症 ADHD

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ADHD

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ADHD父母不烦恼

# 玩遊戲培養孩子的 社交能力 + 專注力



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