

Purpose

These notes describe the results of an informal survey sent to school nurses and other school professionals asking what they are hearing from families about students with ADHD during school closure.

The survey

Vermont's school nurses were invited on 4/10 to participate in the survey and to share it with their school colleagues. 24 of 25 respondents said, yes, "they had experience in their school practice with students diagnosed with ADHD who were highly distractible or overly active."

Responses

Challenges:

stay_{time} child_{learning} home_{challenges} difficulty_{overwhelming}
focus_{difficult} routine_{medication} work_{angry}

Successes:

time_{work} routine_{use} child_{parents} schedule_{creating}
breaks_{students} outside_{take}

What successes have you heard of that help students with ADHD and their families cope with the stay-at-home order?

Open-Ended Responses

- having virtual sessions with counselor, with the behavioral interventionist,
- talking with PCP about medication,
- connecting with friends via internet,
- getting outside for a walk
- develop a daily structure and follow it regularly; set time-limits and use timelines to complete projects; short breaks-breaks-breaks following 10-20 minutes of instruction.
- If both parents are home , take turns if possible

- Focus on relationships Hands on projects setting/ maintaining routine
- lowering your expectations --- find ways to be grateful.
- Being creative
- regular routines like bedtime, shower/bath, meals.
- clear limits on screen time
- phone alarms to help with the medication regime.
- **-one parent made a desk right next to his with no distractions on the desk for the student.**
- **Setting up scheduled food breaks with low carb low sugar snacks as much as possible.**
- **Small trampoline as a study break.** One mom has her child run around the house 3 times every 1/2 hour. a scavenger hunt that had to be 50% outdoors
- **There is a Behavior Support line being offered by Northeast Kingdom Mental Health at (802)749-1111. They ask that you leave your number and they will contact you within 15 minutes. It is currently offered from 8:30 am to 5:00 pm. They are hoping to have it on line 24/7 soon.**
- **I encourage PCPs to be in touch with their patients' school nurse. We have regular contact with these kids and are on school teams that include Guidance and Social Worker as well as regular Child Protection Team meetings. We can talk with the child and parents about their feeling and arrange for extra support and a pull back on academic pressure.**

Anecdotal comments shared by school nurses include:

[It's] the anxiety, stress and erosion of family relationships pose a far greater risk for long term negative impact on our students than the potential for academic regression. It's all about TRAUMA! Our students are exhibiting a stress response! please check out these links:

Resources

VDH [Coping with Stress](#)

Vermont [Department of Mental Health](#)

Vermont Agency of Education: [responding-to-challenging-behaviors-of-school-aged-children-at-home-and-childcare-settings](#)

ADHD-Parenting-Families

[COVID-19: Five Helpful Responses for Families](#)

attitudemag.com/webinar/coronavirus-homeschooling-parent

(strategies for managing ADHD and learning at home)

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