

# SEND Newsletter

SPRING 2 EDITION

## ADHD / PDA

ADHD (Attention Deficit Hyperactivity Disorder) is a condition that affects attention, activity levels and impulse control, making it harder for some children to focus or follow instructions.

PDA (Pathological Demand Avoidance) is a profile within the autism spectrum. It involves high levels of anxiety around everyday demands, which can lead to avoidance when tasks feel overwhelming.

## More Advice...

- Local Offer Websites – The Liverpool and Sefton Local Offer sites list services, groups and information for SEND families across health, education and community support.
- Talk to your GP, school SENDCO or health visitor – They can help with referrals and connect you to NHS pathways (e.g., assessment or mental health support teams).
- Life's For Living Sefton – Parent support groups, awareness workshops and community events for families with children who have ADHD, autism and neurodiverse needs. Sessions run in Bootle, Netherton and Litherland.
- Sefton Parent Carer Forum – Peer support, coffee mornings and workshops for parent carers, helping connect families and share local information.
- Liverpool Children's Centres – Localised family hubs with stay-and-play sessions and groups, including support for children with additional needs.

## Top Tips

- Keep routines predictable – clear, consistent routines help children feel safe and reduce anxiety.
- Give simple instructions – break tasks into small steps and give one instruction at a time.
- Offer choices – where possible, give two options (e.g. "Do you want to start with homework or reading?") to reduce pressure.
- Reduce demands during difficult moments – when emotions are high, focus on connection first and return to expectations later.
- Use calm, neutral language – a calm adult helps a child regulate their emotions.
- Build in movement breaks – regular physical activity can help children with ADHD release energy and refocus.
- Praise effort, not just outcomes – noticing small successes builds confidence and motivation.
- Prepare for change – talk through changes in advance and use visual supports if helpful.
- Create a quiet space – a calm area can help children regulate when they feel overwhelmed.
- Remember behaviour is communication – children may show stress or anxiety through their actions, not their words.