



Back-to-School for Families and Students | *Article*

Managing ADHD and Learning Differences in School

Attention-deficit hyperactivity disorder and other learning differences, like dyslexia, dyscalculia and sensory processing issues, affect many children. About 11 percent of kids in the United States have ADHD (Centers for Disease Control and Prevention). Many others struggle with focus or staying organized. To learn more about the signs, read more here.

Partnering with teachers and finding support

Working with teachers is one of the best ways to help your child. At the start of school, schedule a meeting to talk about their needs. Some helpful supports include:

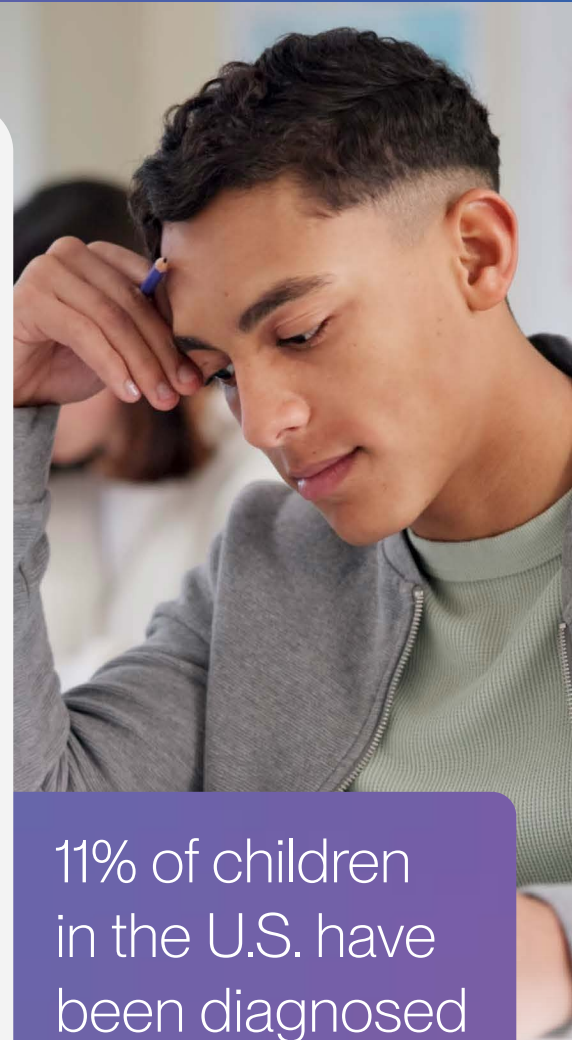
- Extra time on tests
- Seating away from distractions
- Simple, clear steps for tasks
- Regular teacher check-ins

Some children also benefit from therapy, coaching or medication. About 69 percent of kids with ADHD take medication, and many show better focus (National Institute of Mental Health). Therapy can help kids learn coping skills and build confidence.

Restarting medication before school starts

Many kids take a break from ADHD medicine during summer. Restarting too close to the first day of school can cause mood changes, sleep trouble or appetite shifts. It is best to restart at least two weeks before school begins. This gives your child time to adjust. If you are unsure, talk with your child's doctor.

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Centers for Disease
Control & Prevention

LCT-244-20260603



Back-to-School for Families and Students Toolkit

Visit [LucetHealth.com](https://www.LucetHealth.com) for more resources.



Talking to your child about their learning difference

When you talk with your child about ADHD or another learning difference, remind them they are not “bad.” Their brain simply works in a different way. Encourage them to use words that feel right to them. They might say:

“My brain works differently. I may need extra reminders, but I can still do great things.”

“I take medicine to help me focus, like how some kids wear glasses to help them see.”

Let your child know they can share their diagnosis only if they want to. Learning differences can be hard, but they also come with strengths like creativity and strong problem-solving skills.

You can support your child by working with teachers, helping them understand their mind and building on their strengths.

To learn more about neurodiversity, visit [LucetHealth.com/NeurodiversityChampions](https://www.lucethealth.com/neurodiversitychampions).

#BackToSchool #StudentMentalHealth

If you or your kids need help with mental health at school, you can contact the [National Alliance for Mental Illness](https://www.namihelp.org/) by calling 1-800-950-NAMI (6264) or text NAMI to 62640.

Reviewed by Medical Director, Doctor of Medicine and Director of Clinical Operations.

