



Notes for parents and carers

You are about to watch a play called WiLd

Sometimes we need to see the world through a completely different perspective in order to show us who we are and what we are doing. *WiLd* gives us the opportunity of seeing the world through the eyes of Billy a boy with Attention Deficit Hyperactive Disorder (ADHD), not so much for us to dwell on this particular condition but more that we look at the impact of this condition on the family, the school, friendships and transitions into the future; things that affect us all.

Resources about ADHD

Useful Websites:

ADHD KIDS ROCK www.adhdkidsrock.com is a website that was set up by Jeff Rasmussen when he was fifteen years old and is written from a teenagers point of view in a direct, honest and provocative style which compliments Billy's voice from *WiLd*.

There are sections for parents, teachers, children and young people. Two very useful sections for teachers and head teachers thinking about how they can accommodate and allow ADHD children to thrive in their schools are:

- 7 things teachers can do to make school better for students with ADHD
- 8 things school heads's need to know about ADHD kids

ADDIS (ADHD information service) www.addiss.co.uk

Provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, this is a good place to visit.

Useful Book:

A Step by Step Help for Children with ADHD – A Self-Help Manual for Parents

(Cathy Laver-Bradbury, Margaret Thompson, Anne Weeks, David Daley and Edmund J.S. Sonuga-Barke. JKP publications 2010)

A very practical six step parenting programme which adapts parenting techniques to the need of a child with ADHD to make home life more fun and improve experiences at school. There are suggestions in this book for further reading and websites to visit.