

# **Child Care Training and Resource Kit**

## **ADD/ADHD 101 Self-Study**

# ADD/ADHD 101 SELF-STUDY TRAINING OUTLINE

**Course Design:** Self-study

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**Objectives:** Participant will be able to:

- Define hyperactivity, ADHD, ADD and LD.
- Identify behaviors associated with ADD/ADHD.
- Recognize early signs of learning disabilities.
- Recognize other medical problems and/or issues that can cause similar behaviors as ADD/ADHD.
- Identify management principles in working with children with ADD/ADHD.
- Understand what a comprehensive approach for care would be: medications, behavior management, parent/school collaboration.

**Public health staff in Washington State has provided all of the materials in the Child Care Training and Resource Kit. The only materials include are those where copyright could be located and permission to use was received. In all cases the copyright owner has requested to receive credit for the use of their materials. Please do not use these materials in any other way without getting your own copyright release.**

**How to use the Child Care Training and Resource Kits:** Each lesson contains:

- **Lesson Plan** file, with the general directions for the lesson.
- **Overhead file** with the overhead materials. Those files on the CD are in color.
- **Teacher Notes** file which outlines the points of discussion for each overhead.
- **Handouts file** includes pages related to the overhead for those learners who like to take notes as well as other materials for the learner to take with them. Occasionally, some materials you must request yourself from the vendor. Instructions on how to get these materials are included in the lesson plan file. Some materials you must download from the Internet and the web address is included in the lesson plan file.
- **Teacher Enrichment** - In some cases the lesson developer may have included materials for teacher enrichment. Where possible, those materials are included here. If permission to print could not be obtained then the citation is included below for you to obtain.

## **ADD/ADHD Self Study-**

**Trainer Note: Read the entire lesson plan first. The training developer created this material as part of a “training module packet.” All the materials for the packet are either listed here or a location where they may be found is listed. Each local health district is a certified STARS training site. If there are questions contact the STARS web site.**

**Overhead:** There are no Overheads for this lesson.

**Teacher Notes:** There are no Teacher Notes for this Lesson.

### **Handouts:**

- ADD Module Record keeping (See the Handout file.)
- Pre-test on ADD/ADHD (See the Handouts file.)
- Outline of the video “Helping the Hard to Handle Child in Preschool and Child Care” (See Handout File.)
- Post-test on ADD/ADHD (See the Handouts file.)
- Sample STARS evaluation form [https://www2.wa.gov/dshs/stars/stars\\_forms.asp](https://www2.wa.gov/dshs/stars/stars_forms.asp) (See Hand out file.)
- Working With the Child Who May Have ADD Scholastic Early Childhood Today, April 2000, pg 23
- Attention-Deficit Disorders In Preschool Children You can find this at <http://members.aol.com/addcenter/preschoo.htm>
- ADHD: Help Drug-Free No information could be found for this title. But a search found the following website: <http://www.adhdhelp.org/>
- Basics of Attention, by Misunderstood Minds, WGBH Boston, the site with activities is: <http://www.pbs.org/wgbh/misunderstoodminds/attentionbasics.html>
- Difficulties of Attention, by Misunderstood Minds, WGBH Boston, the site with activities is: <http://www.pbs.org/wgbh/misunderstoodminds/attentiondiffs.html>
- Responses to Attention, by Misunderstood Minds, WGBH Boston, the site with activities is: <http://www.pbs.org/wgbh/misunderstoodminds/attentionstrats.html>
- Where Do I Begin?: Home and School Collaboration Learning Disabilities on-line had the following site; [http://www.ldonline.org/ld\\_indepth/add\\_adhd/tec\\_home\\_school\\_collab.html](http://www.ldonline.org/ld_indepth/add_adhd/tec_home_school_collab.html)
- Local/internet resources for ADD/ADHD: Each local health jurisdiction must create this list for themselves.
- ADHD: The Buzz of Controversy, by Grad L. Flick, Ph.D., ADVANCE for PA, page 30 1/12002 issue, you can have a free membership online and get the issue at <http://www.ADVANCEforPA.com/> You must



**Instructor Enrichment:**

- Children and Adults with Attention-Deficit/Hyperactivity Disorder website: <http://www.chadd.org/>
- CHADD Fact Sheets: [http://www.chadd.org/webpage.cfm?cat\\_id=24](http://www.chadd.org/webpage.cfm?cat_id=24)
- ADDitude Magazine website: <http://www.additudemag.com/>
- ABCs of ADD <http://www.additudemag.com/addabc.asp>
- Medscape website with pediatrics and ADHD as topic
- Moms on line website with ADHD as topic

**Materials Needed:**

- Video: Max's World (Distributed by Alza Pharmaceuticals, Mountain View, CA) Phone: (650) 564-5000
- Video: Helping the Hard-to-Handle Child in Preschool and Child Care (Order from ADHD Consulting Services, 2917 146<sup>th</sup> Place SE, Mill Creek, WA 98102)
- Individual packets for providers to check-out
- Local resources for ADD/ADHD in your area

<p>Activity: <b>Self-study module:</b></p>	<p>Process: <b>Self-study module:</b> Participants are given a packet with all the module items in it, including the videos. Using the record keeping form provided, they watch the videos, read the articles and complete the pre and post-tests, and the evaluation form. They return those items, with the record keeping form. When they return all of the above, they are issued STARS credit. Chelan-Douglas Health District reports that the self-study module has been very successful in their area as an alternative way of training child care staff.</p>	<p>Time</p>	<p>Materials: Packets containing all of the above items.</p>
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