



Let's get social:

# ADHD FOR SCHOOL COMMUNITIES

## OUR AIM AT NIP IN THE BUD

At Nip in the Bud, we focus on early intervention - spotting when a child may be struggling before crisis point. Created with clinical experts, educators and families, these free, evidence-based resources help parents and carers recognise early signs of mental health or neurodivergent needs and respond with confidence and care.

## WHAT IS ADHD

ADHD is a neurodevelopmental condition that affects how a child regulates attention, activity and impulses, influencing their learning, behaviour and participation across different settings.

## WATCH: UNDERSTANDING THE ISSUE

Discover our flagship film which brings the realities of ADHD to life with practical guidance and perspectives from experts, families, and children

[ADHD in Children](#) | [Understanding Neurodivergent Children in School](#)

## QUICK FACTS TO KNOW

Easy-to-read factsheet with key points and guidance

[ADHD in Children](#)

## LISTEN & LEARN

Relevant podcast episodes with experts or real stories

[ADHD and Trauma at School](#) | [ADHD & ADD in the classroom](#) | [Using Executive Functioning to Enhance Teaching and Learning](#)

## FOR THE CLASSROOM: TIPS FOR TEACHERS

Practical advice to share with your school community or use in training or briefing sessions

[ADHD Tips for teachers](#)

## REAL FAMILIES, REAL STORIES

Short films featuring lived experiences from parents and children

[Debbie's Story; ADHD, Black Women and Masking](#) | [Raising a child with ODD and ADHD](#)

## UNDERSTANDING NEURODIVERGENCE

Explainer film on what neurodivergence means and how it may affect a child in your classroom

[Understanding Neurodiversity](#)

## READ MORE: ARTICLES & INSIGHTS

Short reads offering practical tips, personal stories, and topical insights on children's wellbeing and support.

[Reasonable Adjustments at School](#) | [Why ADHD can go undiagnosed](#) | [What is Neurodiversity](#)

## WHERE TO FIND MORE HELP

Further reading, helplines, and support organisations relating to ADHD

[Centre for ADHD and Autism](#) | [ADHD Foundation](#) | [Young Minds](#)