

Getting Started - ADHD

We understand how important this next step in your child's academic journey is. To help you make an informed decision, we've gathered some resources, guides, and expert tips that will support you every step of the way. Here are a few things to consider:



Understanding your legal requirements:

In the UK, parents have the legal right to homeschool their children (read further about this [here](#)). If your child is currently attending a school, you'll need to formally inform the school of your decision to homeschool. The school will inform the local authority. For children with Education, Health and Care Plans (EHCPs), the process may involve a few additional steps, and you may need to collaborate with the local authority to ensure that your child's needs continue to be met. If you do not live in the UK, please check your local laws on the legality of homeschooling in your country.



Assemble a team:

Assemble a team from the moment you receive a diagnosis. Having your psychologist, therapist, tutors and school personnel all in communication will save time and energy and reduce stress, helping each individual build a full picture of your child. Teenagers, for example, might share more with a counsellor than a parent – building a strong and well connected team can make sure your child is always receiving the right support for them.



Which subjects? How many tutors? What curriculum?

We will collaborate with your family to help you make these decisions. We have built hundreds of bespoke homeschooling programmes and always ensure the timetable, subject choices, number of tutors and curriculum is right for your child. The sky is the limit when it comes to the subjects you can choose. We have students studying photography, Japanese, astronomy, python coding and more.



Framing homeschooling with your child:

When it comes to explaining the decision to homeschool to your child, the key is to encourage them to ask as many questions as they have and involve them in the creation process. Focus on the positives (flexibility, learning about their interests, taking regular breaks) and ensure you reassure them about all the ways they will be able to continue to see their school friends.



A defined space for school:

Find a defined space for work. Helping young people with ADHD to learn to work in a defined quiet place, creates defined working patterns and ensures work gets done. We've included some resource suggestions later in this guide to help you with this.

EVALUATE AND ADAPT

How We Can Support

Adapting programmes to the needs of our students is at the core of our
homeschooling methodology.

Here are some examples of how we work with our students:

1

Start times and front-loading:

Timetables can be adapted to our students' rhythms. If they aren't morning people, we start lessons at 10am. Starting lessons at home feels like less of a battle than those 8am school starts! We can also front-load the day so that there are less lessons in the afternoon when energy might drop or medication starts to become less effective.

2

Lesson length:

Students with ADHD either tend to prefer shorter lessons with breaks in the middle or, long and focused lessons. We will work with your family and the tutors' schedules to build an optimum timetable for your child.

3

Structure and routine:

Routine is an important aspect of homeschooling. Whilst we can be flexible in every area of the programme, we also help your child get into a predictable and stable routine to help with regulating their nervous system.

4

Customisable curriculum:

For some students with ADHD, a more project-based or interest-led approach can be the best curriculum. We will work with you to understand if there are any exams or subjects that are necessary for your child, and build the rest of the timetable around passions, interests and projects.

5

Breaks and movement:

Regular breaks and movement breaks are always incorporated into the weeks of students with ADHD.

6

Visual aids:

We will give your tutors detailed briefs at the start of the programme. If your child benefits from visual prompts and learning tools, our Director of Studies will work closely with your tutors to ensure this learning style is embedded into lessons.

HELPFUL RESOURCES

Enjoy Insights

With over a decade of experience behind us, we have built an unrivalled network of experts in the SEN and mental health space. Head to the 'Enjoy Insights' section of our website for helpful articles.

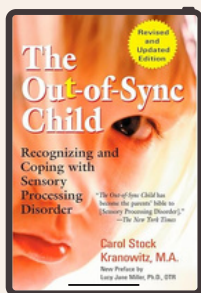
Learning about my daughter's ADHD, and how we can better support our children

Just 4 letters but a complex difficulty: Attention Deficit Hyperactivity Disorder (ADHD).

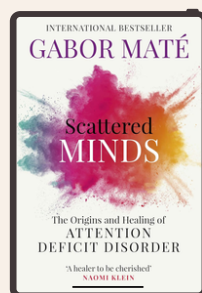
Why we overlook so many of our girls: Thoughts on the 'H' in ADHD

Building self-esteem and supporting students with ADHD

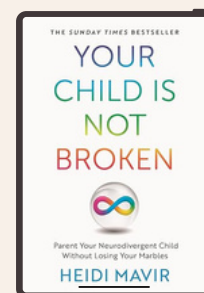
If you are interested in further reading about ADHD you might also want to explore:



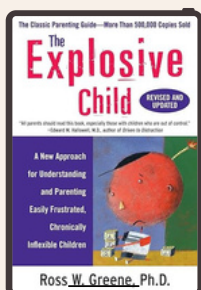
The Out-of-Sync Child: Recognising and Coping with Sensory Processing Disorder - Carol Stock Kranowitz



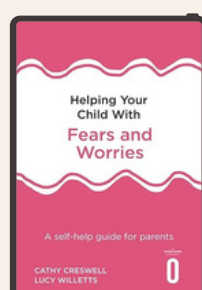
Scattered Minds: The Origins and Healing of Attention Deficit Disorder - Gabor Maté



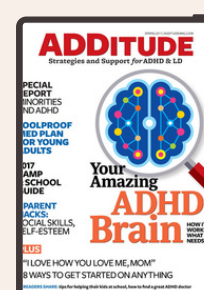
Your Child is Not Broken: Parent Your Neurodivergent Child Without Losing Your Marbles - Heidi Mavir



The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children - Dr Ross Greene



Helping Your Child with Fears and Worries 2nd Edition: A self-help guide for parents - Cathy Creswell

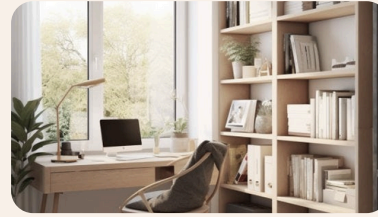
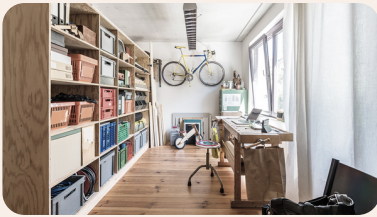


ADDitude Magazine

WHAT YOU CAN DO

Creating the Space

A well-structured and thoughtfully designed learning environment can make all the difference for children with ADHD. Involving them in the creation of that space can be incredibly motivating and help embed the idea of homeschooling.



Natural Light

A room with ample natural light fosters a positive and productive atmosphere. Aim for a balance – enough light to brighten the space without causing glare or distractions.



Organised Storage & Display Areas

Invest in quality shelving and storage solutions for organised homeschooling materials. Displaying your child's work on boards, shelves, or canvases can boost their sense of achievement.



Minimise Distraction

A quiet, distraction-free space is crucial for effective learning. Choose a room away from household noise and digital distractions. If a dedicated room isn't available, establish clear boundaries to minimise interruptions during study time.



Adequate Workspace

Ensure the workspace is large enough so the risk of clutter is minimised. The workspace should support both collaboration (if working with a tutor) and individual study. Comfortable seating and a well-organised desk are essential components.



Comfortable Temperature

Maintaining a consistent, comfortable temperature is essential. A room that is too cold can hinder concentration, while excessive warmth can lead to drowsiness.



Space for Project Work

Some subjects, like art and science, require additional space for projects. Designate an area where these activities can take place, and communicate this with your tutor to aid in lesson planning.

WHAT YOU CAN DO

Supplies For Success

by Dr Bella and Dominic, Director of Education at Enjoy

Visual Prompts



"I have made a **3 month calendar** with black tape and use **colour coded whiteboard markers**. I have a distinctive magnet that is "me" and I hop along the board, this way I can see the day with a glance. Major events are in red to stand out." – Dr Bella



Colour coded binders and workbooks help students easily differentiate between subjects or tasks, which improves organisation.



Visual Timers can help students manage time effectively by showing how much time remains for an activity.



"My **clock** is setup next to the whiteboard and has the Day, Date, Month, and time. While everyone else wakes up knowing it's Wednesday... I don't always! These clocks are often marketed for Alzheimer's, but they work for me!" – Dr Bella

Sensory Processing



Noise Reduction Tools (Loop Earbuds or Noise Cancelling Headphones) are ideal for blocking out sensory overload in busy environments or during study times.



"I have three **weighted blankets** and they are an absolute godsend for when I am overwhelmed, stressed, anxious, or struggling to sleep." – Dr Bella



Discreet fidget toys or stress balls that can help manage anxiety without being distracting.



Chewable Pencil Toppers are great for students who like to chew when concentrating.

Classroom, Apps & Tech



Stability Balls and adjustable chairs allow for movement while sitting, which can help with concentration.



Coggle is a **mind mapping program** that works on both the computer or tablet and enables the use of various lines and a wide array of colours.



Tiny Decisions App allows you to spin a wheel to help decide what to do next. It helps with decision paralysis for things like homework or revision.



Labelled storage and organised materials help reduce clutter and make it easier to find resources.

FAQS

We've Been Asked...

If you have any questions, please don't hesitate to contact us. With close to 20 years of experience fulfilling bespoke programmes, there are few scenarios we haven't encountered.

Q: How will you adapt lessons to meet my child's individual learning needs?

A: We will work closely with you, therapists, previous schools and family members to ensure we fully understand your child's needs. We read through any diagnostic reports, EP reports, EHCP reports, and school reports to build an in-depth picture. Our expert Education Consultants collaborate with our tutors, Director of Education, and Director of Studies to build a timetable, curriculum and subject plan for every child.

Q: How many tutors will my child work with?

A: We work with your family to determine the best number of tutors for your child. In some cases this starts with just the one tutor, and as your child's confidence builds we can introduce a more diverse tutor team. Typically students work with approximately 3-6 tutors per week by the time their programme is fully up and running.

Q: I am post school age (+18 years old), am I eligible for homeschooling?

A: Yes! Every year we work with students who couldn't complete their studies and want to come back to finish, or even start, their qualifications. We will assess your current level and build a personalised timeline for you.

Q: Can my child sit exams at home?

A: Enjoy students can take their IGCSE exams online, from home or another nominated location that meets the necessary requirements. Families don't have to worry about registering with exam centres – we take care of all the administration and organisation.

Q: My child has been out of school. Can they homeschool?

A: Yes. We are committed to supporting any student to kick start their learning journey again. It is likely we will start your child's programme slowly with a couple of subjects and build from there.

Q: Do you provide support for students with an EHCP?

A: Yes we do, where your EHCP stipulates that tuition is part of your personalised plan. We can either coordinate with your family as the main point of contact or your local council to understand the scope and requirements of your EHCP.

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