



WHAT I WANT MY TEACHER TO KNOW ABOUT ME

TO:	PARENT NAME:
FROM (Student):	PARENT CONTACT:

Dear _____,

Your new student _____ has ADHD, and these are some things that we have found helpful that we want to share with you:

1. My classroom seating placement makes a big difference for me! (Check one):
 - I like to sit in the front so that I'm not distracted by my peers behind me.
 - I like to sit in the back so that I don't turn around to look at everyone too often.
 - Other _____

2. Other things in class that help me stay on task are: (Check all that apply):
 - Having a visual reminder of the rules
 - Getting a "heads up" from you when it's almost time to switch tasks
 - Written instructions
 - Getting instructions one step at a time
 - Movement or stretch breaks
 - Encouragement when I do well
 - Talking with you in private if I need to be corrected
 - Using a "fidget" to keep my hands busy. I like to use _____
 - _____
 - _____
 - _____

3. (If applicable): The medication I take is _____ and my med schedule is _____. If you notice any changes in my behavior that indicate I may need a medication adjustment, please call my parents!

4. Other things I want my teacher to know about me (from student):

