

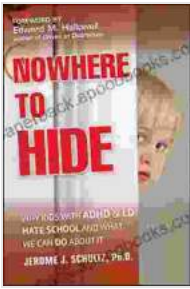
# Why Kids With ADHD and LD Hate School and What We Can Do About It

If your child with ADHD or LD hates school, you're not alone. In fact, it's estimated that up to 50% of children with ADHD and LD experience school refusal at some point.

There are a number of reasons why kids with ADHD and LD may hate school. Some of the most common reasons include:

- **Difficulty paying attention.** Children with ADHD often have trouble paying attention in class. This can make it difficult for them to follow lessons, complete assignments, and participate in discussions.
- **Difficulty with impulse control.** Children with ADHD often have difficulty controlling their impulses. This can lead to disruptive behavior in class, which can make it difficult for them to learn and make friends.
- **Difficulty with social skills.** Children with ADHD and LD often have difficulty with social skills. This can make it difficult for them to make friends and interact with their peers.
- **Feeling different.** Children with ADHD and LD often feel different from their peers. This can lead to feelings of isolation and loneliness, which can make it difficult for them to succeed in school.

If your child with ADHD or LD hates school, there are a number of things you can do to help. Some of the most effective strategies include:



## Nowhere to Hide: Why Kids with ADHD and LD Hate School and What We Can Do About It by Jerome J. Schultz

★★★★☆ 4.7 out of 5

Language : English  
File size : 1004 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 341 pages  
Lending : Enabled



- **Talk to your child.** The first step is to talk to your child about why they hate school. This will help you understand their perspective and identify the specific challenges they are facing.
- **Work with your child's teacher.** Once you understand your child's challenges, you can work with their teacher to develop strategies to address them. This may include providing your child with extra support in class, modifying assignments, or creating a behavior plan.
- **Get your child involved in extracurricular activities.** Extracurricular activities can provide your child with opportunities to develop social skills, make friends, and feel more connected to their school.
- **Encourage your child to talk to a therapist.** A therapist can help your child understand their ADHD or LD and develop coping mechanisms for dealing with the challenges they face.
- **Advocate for your child.** If your child is struggling in school, it's important to advocate for them. This may mean talking to the school

administration, getting involved in your child's IEP, or seeking outside help from a lawyer or advocate.

Remember, you are not alone. There are many resources available to help you and your child succeed. With the right support, your child can overcome the challenges of ADHD or LD and achieve their full potential in school and beyond.

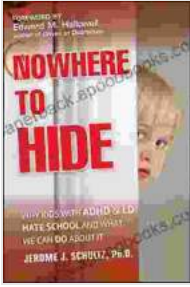
- **Make sure your child is getting enough sleep.** Children with ADHD and LD often have trouble sleeping. This can make it even more difficult for them to pay attention and control their impulses in school.
- **Provide your child with a healthy diet.** Eating a healthy diet can help improve your child's overall health and well-being. This can make it easier for them to focus and learn.
- **Limit your child's exposure to screen time.** Too much screen time can make it difficult for children to pay attention and control their impulses.
- **Encourage your child to get regular exercise.** Exercise can help improve your child's mood and energy levels. This can make it easier for them to focus and learn.
- **Be patient and understanding.** It takes time for children with ADHD and LD to learn and develop. Be patient and understanding as they progress.

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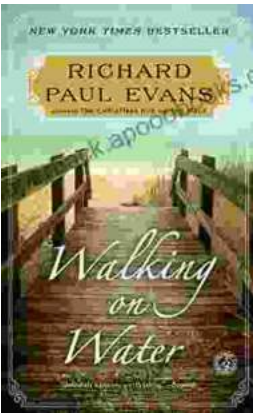
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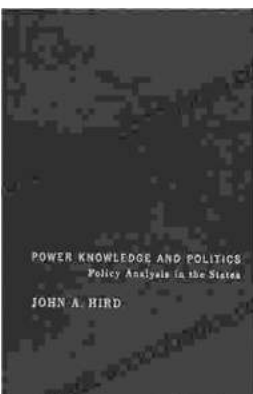


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