

- Parent-child relationships
- Types of skills training
 - **Behavioural Parent Training (BPT)**
 - Parents learn and use behavioural reward principles to adapt behaviour
 - Reduce aggression symptoms and parent-child conflict
 - **Behavioural Classroom Management (BCM)**
 - Teacher implemented classroom rules with daily report to track progress
 - Improves attention, aggression and social skills
 - Equips teachers to foster peer relationships and deal with ADHD in classroom
 - **Behavioural Peer Interventions (BPI)**
 - Parents and staff trained to manage contingencies in children's social situations
 - Improvements in behavioural and academic functioning and prosocial behaviour
 - **Organisation Skills Training (OST)**
 - Teaches skills lacking due to ADHD symptoms (managing time, planning tasks)
 - Improve homework compliance and organisation skills

Non-Pharmacological Interventions for ADHD (Sonuga-Barke, 2013)

- Fatty-acid free supplementation produced small but significant reduction in ADHD symptoms

Environment, Cognitive Enhancement and Physical Exercise (Halperin, 2011)

- ADHD now chronic that continues into adolescence and adulthood
- Continued treatment throughout lifetime problematic and costly
- Need long lasting treatments that have a lasting effect after an intervention is finished
 - Use of physical exercise to promote brain growth which may produce enduring effects and treatments for the disorder

Mindfulness training for behavioural and attentional problems in ADHD (Weijer, 2011)

- Adolescents with ADHD involving parents as well
- Attention and behaviour problems reduced and EF improved
 - Self-report measures- not the most reliable (low validity)
- Performance on attention tests were found after mindfulness training
 - Effect waned at 16 week which questions the sustainability of the intervention
 - Need to develop maintenance strategies

Classroom behaviour management strategies (Nye, 2015)- telephone SENCO

- Positive praise and rewards
- Clear structure and communication
- Positive relationships
- Emotional support and training
- Alternative tasks and redirecting attention when distracted