



AUGUST ARTICLE

FIDGETS IN SCHOOL

Who benefits from using fidgets?

Children with ADHD, Autism Spectrum Disorder and Sensory issues.

How do they help?

By using a fidget toy it allows their brain to focus on the primary task more easily. The benefits of this are better concentration, improved learning and less behaviour issues. For many children a second activity is a distraction, but for children with ADHD and Autism it will actually improve their performance.

How will I know if it helps?

A simple way to find out if a fidget toy is helpful is to take it away and observe the behaviour of the child. Are they trying to use other items as their fidget (eg. chewing hair, biting nails). Are they distracting kids around them? Are they getting up from their seat and moving around the room regularly?

What should fidgets be?

Fidgets should not disturb others, so therefore they need to be small and quiet. As kids will need a variety of fidgets to maintain interest they also need to be affordable. And of course they must be safe.

Some fidget toys to try?

- squishy gel
- stretchy figures
- squeeze ball
- porcupine ball
- keyrings
- cool pens
- paper clips
- beaded bangles
- bull dog clips
- hacky sacks
- balloons (deflated)

Other fidgets that may work

- walking while discussing work/day
- listening to music while doing work
- chewing gum or sucking on a lolly
- doodling on paper

References: "Fidget to Focus" by R Rotz, Ph.D and S D Wright, www.additudemag.com. "What are fidget toys?" by B Oakley www.snagglebox.com "Using Sensory Toys to Improve Learning and Behaviour" by S Larkey www.suelarkey.com

Have you read this article... ADHD needs a positive attitude: <http://www.thecourier.com.au/story/4015768/adhd-needs-a-positive-attitude/>

Have you seen this book...

Asperger's and Girls, featuring T Attwood, T Grandin and more.

Available from www.bookdepository.com \$33.31. This groundbreaking book describes the unique challenges of women and girls with Asperger's Syndrome.

Have you googled this website...

www.yareads.com

An honest and raw approach to your reading recommendations, covering gothic, horror, fantasy, memoir, paranormal, sci-fi and more.



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Please contact the LDC office if you would like Helpline brochures/posters for your school.

MEMBERSHIP COSTS

1 year School M'ship \$55
3 year School M'ship \$150

MEMBERSHIP BENEFITS INCLUDE:

- A Quarterly Newsletter
- Fortnightly Member Updates relating to LD.
- Discount on LDC resources
- Discount on entry to LDC seminars

RESOURCE HIGHLIGHT

No Time to Play - Siblings of Children with Disabilities

A Support Guide for parents and teachers by J Herring

Including adaptation, parental feelings, financial implications, 'kids have feelings too', and more.

\$10 for LDC members
\$15 for non members
+ P/H (see website for prices)

See www.ldc.org.au for details