# ADHD AWARENESS MONTH

OCTOBER 2026

DIFFERENT MINDS BRIGHTER WORLDS

NHS

Trafford Speech & Language Therapy

Trafford Local Care Organisation

## WHAT IS ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental condition that can affect attention, impulse control, activity levels and executive functioning.

It's not a lack of effort – it's a different way of thinking and processing information.

## WHAT IS EXECUTIVE FUNCTIONING?

Executive functions are the mental skills that help us plan, organise, remember, think flexibly and control our behaviour.

ADHD can make these skills more challenging, which can impact on speech, language and interaction.




## HOW ADHD CAN IMPACT SPEECH, LANGUAGE AND INTERACTION

### IMPULSE CONTROL

Difficulties sequencing thoughts, which can result in speech that is less fluent and may appear like word finding difficulties.

### CONVERSATION SKILLS

May find it difficult to take turns in conversation, may speak impulsively and interrupt others, including teachers.

### SUSTAINING ATTENTION

May change topics frequently and can sometimes exaggerate or add extra detail for novelty seeking purposes.

## STRATEGIES THAT CAN HELP

### SENSORY BREAKS / MOVEMENT

Help to regulate and support attention.

### EMBRACE NOVELTY

Try answering questions out of the typical sequence.

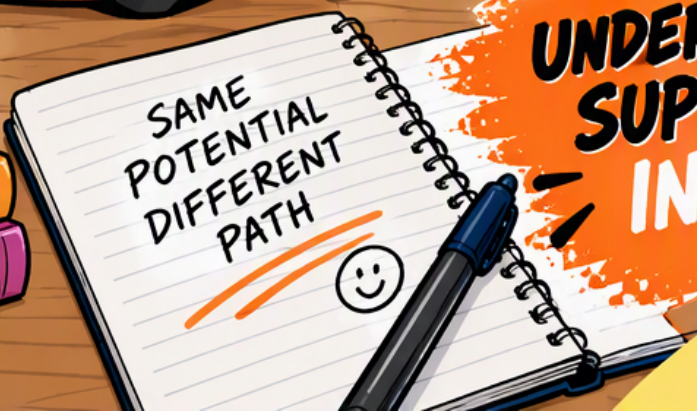
### UNDERSTIMULATION

Use low distraction fidget toys to help maintain focus.

### WRITE IT DOWN

Jot down what you want to say so you remember when it's your turn to speak.




UNDERSTAND
SUPPORT
INCLUDE

A MORE INCLUSIVE TRAFFORD ♡