



ATTENTION DEFICIT HYPERACTIVE DISORDER (ADHD)



WHAT IS ADHD?

- ADHD is a medical condition that affects a person's attention and self-control.
- Behaviors that appear before age 12 and continue for at least six months. The behaviors must also create impairment in at least two areas of the child's life.



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DIFFERENT TYPES OF ADHD

INATTENTIVE ONLY



- Most common among girls.
- Formerly known as ADD.
- Not overly active, may look like daydreaming, easily distractable

HYPERACTIVE/IMPULSIVE

- Show both hyperactive/impulsive behaviors, but are able to pay attention.
- Least common and frequently occurs in younger children
- May be fidgety, impatient, always on the go, or talks too much



COMBINED INATTENTIVE/ HYPERACTIVE/ IMPULSIVE



- Most common type of ADHD
- Shows symptoms in inattention, hyperactivity and impulsivity

SYMPTOMS THAT MAY BE SEEN IN SCHOOL SETTING

- Easily distracted
- Encouraging and compassionate towards others
- Loses items they just had with them
- Trouble standing in line or sitting still in class
- Requires many reminders to complete tasks or stay on task
- Creative solutions to problems
- Desk, locker, mailbox, & backpack are disorganized



SYMPTOMS THAT MAY BE SEEN AT HOME

- Amazing imagination in play and story telling
- Messy room, but they may know exactly where things are
- Remembers the small details in life
- Hyper-focus on a task they enjoy
- Experience strong emotions but unable to express them
- Disruption in sleep patterns
- Being silly or funny to break tension occurring and lighten the mood
- Trouble playing quietly and on their own
- Being more productive when task switching
- Amounts of limitless energy



STRATEGIES YOU CAN USE AT HOME

- Have a daily schedule your child follows and be as consistent as possible with it.
- Break down large tasks into small steps .
- Limit distractions during meals and homework time.
- When providing your child with choices provide them with 2-3.
- Use calm discipline - use consequences such as time-out or removing child from the situation or distractions. At times it may be best to ignore the behavior. When you are both calm, discuss their behavior.
- Celebrate their creativity and foster their imagination.
- Actively engage in physical activities with them such as going for a walk/run, going for a bike ride, or have a dance party in your living room.

<https://barringtonpediatrics.com/forms/Understanding%20ADHD.pdf>
<https://kidshealth.org/en/kids/adhdkid.html>

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/FAQ.aspx#question1