

What is ADHD?

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Attention Deficit Hyperactivity Disorder

- Is the most common behavioural problem disorder that begins in early childhood and can continue to adulthood
- The core symptoms are
 - inattention
 - hyperactivity
 - impulsivity



What are inattentive behaviours?

- Fails to give close attention to detail or makes careless mistakes
- Has difficulty sustaining attention during activities
- Finds it difficult to follow through instructions and fails to complete tasks
- Avoids or dislikes tasks requiring sustained mental effort
- Finds it difficult to organize tasks and activities
- Loses important items
- Is easily distracted
- Is forgetful in daily activities
- Does not appear to be listening when spoken to directly



What are hyperactive behaviours?

- Squirms and fidgets
- Cannot remain seated
- Runs or climbs excessively in inappropriate situations
- Often 'on the go' or acts as if 'driven by a motor'
- Talks excessively
- Cannot perform leisure activities quietly

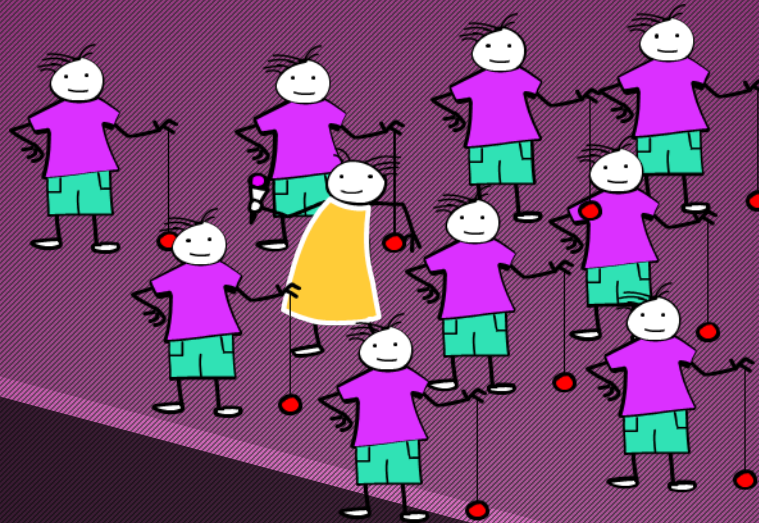


Co-existing conditions are common with ADHD such as:

- Oppositional Defiance Disorder
- Conduct Disorder
- Learning Disability
- Autism
- Mood Disorders
- Anxiety
- Tourette's Syndrome
- Language Disorders

Is ADHD more common in boys than girls?

- ADHD is diagnosed more often in boys.
- Nine boys are diagnosed for every two girls.
- This might be because boys can show more disruptive behaviours than girls, causing parents and professionals to seek a diagnosis.



Diagnosing ADHD

- There is no single test
- A child psychologist or a paediatrician will make the diagnosis
- There is no cure
- Medication might be prescribed
- ADHD behaviours are present in all children
- They will be more persistent and prolonged in an ADHD child

Support for children with ADHD

- Spot the good behaviour – praise and reward it!
- Make requests clear and simple
- Praise effort as well as achievement
- Be clear and precise about targets and goals
- Allow some “time-out” to de-stress
- Clearly link praise with good behaviour
- Clearly link sanctions with inappropriate behaviour
- Sit child away from distractions
- Provide a fiddle toy
- Give them jobs to do so they can move around
- Provide lots of sports and games

Summary

- ADHD is a neurodevelopment disorder that begins in early childhood and may continue into adulthood
- The core symptoms of inattention, hyperactivity and impulsiveness can affect all aspects of the individual's life.
- Many people with ADHD also have co-existing conditions
- Core symptoms are:
 - Inattention
 - Hyperactivity
 - Impulsivity
- It is important to understand each individual's symptoms to devise the most appropriate support
- Contact your GP or school if concerned.