

Attention Deficit Hyperactivity Disorder (ADHD)



What is it?

- **Hyperactivity**- a high level of excitement or activity in a child that causes concern to the parents or caregivers, emotional disturbances, abnormalities of brain function, may begin as in childhood and continue to adulthood

Signs and Symptoms:

- **At least 8 of the following**- must be present for a child to have ADHD (14 listed); may make a quick or rash decision that may have long lasting effects
 - **Uncompleted Chores**-shifts from one chore or game to another without completing either
 - **Attention**- to any chore or game is difficult
 - **Often Does Not**- Listen, Interrupts others, play quietly.
 - **Often Does**- Talk excessively, does not consider the consequences, seem restless, become distracted easily, have difficulty waiting turn, answer questions before the question is completed, have problems following instructions, adults may feel restless or fatigued, not able to enjoy quiet activities
- **A Problem**- with concentration, sustained attention, and task persistence, often impulsive and overactive, behaves poorly, poor communication skills. low frustration tolerance
- **Can cause Problems**- at home, school, work and with relationships



Facts:

- **ADHD Disorder**- affects an estimated 5 to 10% of school aged children, 10 times more often in girls than boys, often noticed before age 4 and if not then by age 7, about 20% have learning disabilities, about 60% have problems with their tempers, about 90% have academic problems, normally not outgrown; may be more curious and creative, is usually inherited, caused by abnormalities in the neurotransmitters

What can I do? See your Health Care Provider- no cure but treatment can help, medication, therapy may help with behaviors, ask about therapy, medication, and behavior counseling