

## What is Attention Deficit Hyperactive Disorder (ADHD)?

- A neurodevelopmental disorder characterized by challenges with executive function
- Brought on by genetics and environmental factors
- Can be identified early in childhood and can persist throughout the lifespan
- 3 types of ADHD
  - **Predominately Hyperactive:** fidgety, impulsive, hard to wait turns or listen to instructions, may be accident prone.
  - **Predominately Inattentive:** difficulty paying attention to detail, conversations, or instructions. May be forgetful and disorganized.
  - **Combined presentation:** All symptoms listed above can be seen.

### Signs for ADHD:

- Difficulty with time management
- Difficulty with prioritizing
- Easily distracted
- Completing tasks may take longer or be hard to accomplish
- May act on impulse – speaking, decision making
- May be hyper-sensitive to their environment
- May be on the go all the time, or moving or doing something constantly/repetitively
- Difficulty being present – “daydreaming”
- Often forgetful or misplace items regularly
- School can be difficult

\*All individuals with ADHD are different and experience their symptoms differently.

\*Symptoms can change as individuals develop and learn coping skills

\*Symptoms make it difficult to function in various settings: home, school, public places, etc.

## **ADHD Myths:**

- ADHD is due to bad parenting
- ADHD is due to too much sugar or screen time
- ADHD is because kids just want to be bad kids

## **What you can do if you believe your child may be showing ADHD symptoms:**

- Consult with your child's primary care doctor
- Talk with your child's teacher to explore school support options
- Seek out a mental health professional

## **Resources of Support & Information:**

ADD-itude: <https://www.additudemag.com/what-is-adhd-symptoms-causes-treatments/>

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