

Myths & Facts about Attention Deficit Disorder

Myth: All kids with ADHD are hyperactive.

Fact: Some children with ADHD are hyperactive, but many others with attention problems are not. Children with ADHD who are inattentive, but not overly active, may appear to be spacey and unmotivated.

Myth: Kids with ADHD can never pay attention.

Fact: Children with ADHD are often able to concentrate on activities they enjoy. But no matter how hard they try, they have trouble maintaining focus when the task at hand is boring or repetitive.

Myth: Kids with ADHD could behave better if they wanted to.

Fact: Children with ADHD may do their best to be good, but still be unable to sit still, stay quiet, or pay attention. They may appear disobedient, but that doesn't mean they're acting out on purpose.

Myth: Kids will eventually grow out of ADHD.

Fact: ADHD often continues into adulthood, so don't wait for your child to outgrow the problem. Treatment can help your child learn to manage and minimize the symptoms.

Myth: Medication is the best treatment option for ADHD.

Fact: Medication is often prescribed for attention deficit disorder, but it might not be the best option for your child. Effective treatment for ADHD also includes education, behaviour therapy, support at home and school, exercise, and proper nutrition.

<https://www.helpguide.org/articles/add-adhd/attention-deficit-disorder-adhd-in-children.htm>

Useful websites

<http://livingwithadhd.co.uk/>

This website has been developed to support people who come into contact with children with ADHD. It also has resources for children and teenagers themselves, to help them understand and manage the condition.

<http://www.adhdtogether.com/>

This resource is to help parents, carers and teachers from across Europe work together in supporting school-age children with ADHD.

<http://localoffer.stoke.gov.uk/kb5/stoke/directory/service.page?id=uoPQvMdhQOc&localofferchannel=0>

A support group for parents of children with special education needs or disability.

Famous people with ADHD

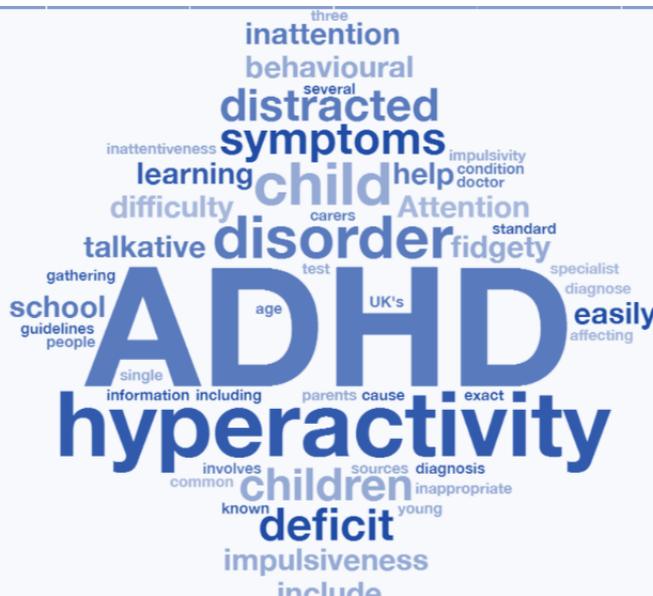
Remind your child that they are not on their own, many famous people have ADHD or ADD. Don't let it stop them from doing what they want.

Justin Timberlake, Jamie Oliver, Will Smith, Michael Phelps, Jim Carrey, Sir Richard Branson, Will.i.Am and Emma Watson to name a few.



All You Need To Know About ADHD

Attention Deficit Hyperactivity Disorder



What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness

(<http://www.nhs.uk>).

ADHD affects children and teens and can continue into adulthood. ADHD is the most commonly diagnosed mental disorder of children.

(WebMD.com)

ADHD is the UK's most common behavioural disorder affecting 2-5% of school children and young people.

There is no single test for ADHD and the exact cause of the condition is not known. A specialist doctor can diagnose ADHD with the help of standard guidelines. The diagnosis of ADHD involves the gathering of information from several sources, including school, carers and parents.

(<http://www.webmd.boots.com>)

Getting Help

Many children go through phases where they're restless or inattentive. This is often completely normal and doesn't necessarily mean they have ADHD. However, you should consider raising your concerns with your child's teacher, their school's special educational needs co-ordinator (SENCO) or GP if you think their behaviour may be different to most children their age .

(<http://www.nhs.uk>).

Symptoms to look out for (these are grouped into three categories):

Inattention. A child with ADHD:

- Is easily distracted
- Doesn't follow directions or finish tasks
- Doesn't appear to be listening
- Doesn't pay attention and makes careless mistakes
- Forgets about daily activities
- Has problems organising daily tasks
- Doesn't like to do things that require sitting still
- Often loses things
- Tends to daydream

Hyperactivity. A child with ADHD:

- Often squirms, fidgets, or bounces when sitting
- Doesn't stay seated
- Has trouble playing quietly
- Is always moving, such as running or climbing on things
- Talks excessively
- Is always "on the go" as if "driven by a motor"

Impulsivity. A child with ADHD:

- Has trouble waiting for his or her turn
- Blurts out answers
- Interrupts others

<http://www.webmd.com/add-adhd/guide/attention-deficit-hyperactivity-disorder-adhd#1>

What causes ADHD?

The exact cause of ADHD is unknown, some people think it could be linked to genetics and run in families other factors that have been suggested that may cause ADHD are:

- Being born prematurely
- Having a low birthweight
- Smoking, alcohol or drug use during pregnancy

<http://www.nhs.uk/Conditions/Attention-deficit-hyperactivity-disorder/Pages/Introduction.aspx>

How can my child be helped in school?

A child with ADHD often has difficulty concentrating and needs set rules and routines to follow. The things below will help children with ADHD in the classroom

- Ensure that a good classroom routine is kept so that children know what is happening.
- Display the class rules in the classroom so they know what is expected from them.
- Have a visual timetable on display so that they know what is happening that day.
- Ensure that the child is sitting at the front of the class with their back to other pupils to minimize distractions.
- Allow the child to use 'fiddle toys' to help concentration.
 - Keep the child away from distractions such as the window colourful displays.
- Make instructions clear, short and keep eye contact when explaining them. ensuring that they understand what you have said.
- Break tasks into manageable pieces so that they feel like they are achieving.

<https://senmagazine.co.uk>

Parent tips

1. Stay calm
2. Set limits on your own behaviour
3. Set structure—but make it pressure-free
4. Give your child the chance to make wise choices
5. Use reasonable consequences for rule-breaking
6. Expect rule-breaking, and don't take it personally
7. Advocate for your child when appropriate
8. Avoid muting a headstrong child
9. Realise that your child isn't misbehaving on purpose
10. Be persistent
11. Tackle on issue at a time
12. Educate yourself about ADHD and attention
13. Help your child adjust to change
14. Focus on you child's strengths
15. Don't be too hard on yourself
16. Celebrate being a parent and being with your child.

If you would like more information on any of the tips above please visit <https://psychcentral.com/lib/parenting-kids-with-adhd-16-tips-to-tackle-common-challenges/>