

## Fast Facts

### Attention-Deficit/Hyperactivity Disorder (ADHD)

- Difficulty maintaining attention, hyperactivity and impulsive behavior
  - Affects millions of children (typically boys more than girls)
    - Starts before the age of 12
    - Classified as mild, moderate or severe
- Exact cause unknown (thought to be a combination of genetic, environmental and developmental factors)
- Three types: predominately inattentive, predominately hyperactive-impulsive and combined (most common)
- Diagnosed by symptoms being present for at least six months and multiple symptoms that negatively impacting school, home life and/or relationships with friends

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Inattention:</i></p> <ul style="list-style-type: none"> <li>-Making careless mistakes in schoolwork</li> <li>-Trouble staying focus on tasks/play</li> <li>-Unable to follow instructions causing them to fail to finish schoolwork or chores</li> <li>-Dislike/avoiding tasks that require focused mental effort (homework)</li> <li>-Appear not to listen</li> <li>-Forget to do daily activities</li> <li>-Unable to organize tasks</li> <li>-Easily distracted</li> </ul> <p><i>Hyperactivity/impulsivity:</i></p> <ul style="list-style-type: none"> <li>-Constantly in motion (fidgeting, tapping hands or feet or squirming in their seat)</li> <li>-Difficulty staying seated</li> <li>-Run around or climb in situations when it's not appropriate</li> <li>-Trouble doing an activity quietly</li> <li>-Talk too much</li> <li>-Hard time waiting for their turn (interrupts a questioner (teacher) by</li> </ul>	<p><i>Medication:</i></p> <ul style="list-style-type: none"> <li>-Stimulant (or psychostimulant) are amphetamines (Dexedrine, Adderall, Vyvanse) or methylphenidates (Concerta, Metadate, Ritalin, Focalin)</li> <li>-Non-stimulant are Stralera, Wellbutrin, Intuniv, Tenex, Catapres, Kapvay</li> </ul> <p><i>Therapy:</i></p> <ul style="list-style-type: none"> <li>-Behavior therapy</li> <li>-Psychotherapy</li> <li>-Social skills training</li> <li>-Parenting skills training</li> <li>-Family therapy</li> </ul> <p><i>Life strategies:</i></p> <ul style="list-style-type: none"> <li>-Be consistent</li> <li>-Regular schedule</li> <li>-Child gets enough sleep</li> <li>-Set limits that have clear consequences</li> <li>-Use timeouts or appropriate discipline as necessary</li> <li>-Work with your child to develop organization skills</li> <li>-Use simple worded directions and demonstrate the steps when giving instructions</li> <li>-Make eye contact when speaking to your child</li> <li>-Avoid multitasking yourself when talking to your child</li> <li>-Identify potentially difficult situations</li> </ul>	<ul style="list-style-type: none"> <li>-Exact cause of ADHD is unknown, so hard to pinpoint one thing that would prevent it</li> <li>-Avoid anything that could harm fetal development during pregnancy</li> <li>-Protect children from environmental toxins, such as lead exposure</li> <li>-Limit screen time during all of childhood (especially during the first five years of life)</li> </ul>

blurting out answers or interrupting others' conversations or activities)	<ul style="list-style-type: none"><li>-Find ways to help your child improve their self-esteem and sense of discipline</li><li>-Talk with your child's teacher to identify any problems early</li><li>-Ask about programs through school</li><li>-Enjoy time with your child</li><li>-Give child lots of affection</li><li>-Remain calm</li><li>-Be patient</li><li>-Keep things in perspective</li><li>-Take breaks</li></ul>	
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