



# What every parent needs to know about **Attention Deficit/Hyperactivity Disorder (ADHD)**

## WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that includes difficulties with attention, increased activity, and impulsivity.

## WHAT ARE THE SYMPTOMS?

- Trouble paying attention
- Doesn't pay attention to details and makes careless mistakes
- Easily distracted
- Loses and forgets to do things
- Trouble finishing work
- Trouble listening or following directions
- Leaves seat and runs about or climbs excessively
- Blurts out answers
- Impatient
- Fidgets or squirms
- Talks too much
- Has difficulty playing quietly
- Interrupts or intrudes on others

## HOW IS IT DIAGNOSED?

ADHD is usually first diagnosed during the elementary school years. A doctor will evaluate your child. Most likely, you and your child's teacher will be asked to complete a questionnaire.

## HOW IS IT TREATED?

Medication can help improve attention and focus. However, it is important to discuss the risks and benefits of medication with your child's doctor.

Other treatment approaches may include therapy, social skills training, parent education, and modifications to your child's education program.

## WHAT CAN I DO?

- Work with your child's doctor and teacher
- Establish structure and stick to it
- Set clear expectations and rules
- Use praise and positive reinforcement
- Encourage exercise and sleep
- Help your child eat right

## WHERE CAN I GET HELP?



See the ADHD Parent Resources Section in the Minds Matter Tool Kit.