

# ADHD Summary



# What is ADHD?

Attention Deficit Hyperactivity Disorder is a neurodevelopmental condition that can affect people in different ways. Its main symptoms cause inattention, hyperactivity and impulsivity in children.



## How to address behaviour

- Address your child by name
- Make clear rules
- Impose structure and boundaries consistently.
- Display positivity and give rewards for good behaviour
- Set achievable goals
- Give immediate feedback
- Don't focus solely on bad behaviour
- Ensure your child understands instructions
- Provide written/pictorial reminders of routines.

## How to help

- Stay calm and focused
- Have a positive attitude and focus on the positive aspects of your child.
- Consider a new hobby/activity for your child such as organised sport or music
- Encourage good sleep hygiene.
- Promote a balanced diet.
- Encourage regular physical activity.
- Read recommended books/websites to help you understand and support your child.

# Treatment

Whilst there is no cure for ADHD, it can be managed with appropriate parental and educational support as well as general awareness.

The above, combined with therapy or medication can really play a part in reducing the affects of ADHD for your child.

## Medical treatment consists of:

### Stimulant medicines – hard capsules

These are prescription medications that are controlled substances controlled by the government and need to be handled in a serious manner as they have a high risk of abuse .

#### Stimulant medications are:

- Methylphenidate
- Dexamfetamine
- Lisdexamfetamine

### Non-stimulant medicines – hard capsule or liquid

These are prescribed usually if the patient does not respond to the stimulant medicines but can be used a first line occasionally.

#### Non-stimulant medications are:

- Atomoxetine
- Guanfacine



# Causes of ADHD

ADHD can be caused by both genetic and environmental factors.

Those who have the condition lack a chemical called dopamine (responsible for attention and motor control).



## Symptoms of ADHD

- Forgetfulness
- Disorganisation
- Hyperactivity
- Find it difficult to play or work quietly.
- Impulsive
- Poor concentration
- Excessive chattiness.

## Did you know?

There are lots of famous and successful people with ADHD...

Former professional basketballer, Michael Jordan and 'Harry Potter' star Emma Watson both have ADHD and have not let this stand in their way becoming extremely successful.