

ADHD?

ADHD stands for attention deficit hyperactivity disorder that can affect a child's behaviour. It can affect 1 in 20 children. It can present in a mild, moderate, and severe form.

Those that have ADHD will always have ADHD but by adulthood the person with the diagnosis will have learnt how to cope and learn how to live a happy life. This can be done by using interventions, coping strategies, such as medication, daily exercise, healthy nutrition, and stress management.

Causes of ADHD.

It is unknown why someone may have ADHD; however, it is believed that there are many factors that can make it more likely for a child to be diagnosed with ADHD. These include;

- Genetics- ADHD is known to run in families, for example research shows that often the parents and siblings of someone with ADHD is likely to have ADHD.
- Brain function & Structure- research has shown several possible differences in the brain of someone who has ADHD.

Those that are more likely to have ADHD:

- Those who were born prematurely or those with a low birth rate.
- Those with epilepsy.
- Those with brain damage (either occurring in the womb or after a severe head injury in later life).

Symptoms of ADHD.

The symptoms of ADHD can be categorised into 2 different types of behavioural problems. These are.

1. Inattentiveness (difficulty in concentrating and focusing on things).
2. Hyperactivity and impulsiveness.

It is believed that around 3 in 10 people with ADHD find it difficult to concentrate or focus but have no issues with hyperactivity and impulsiveness. This form of ADHD is known as ADD (attention deficit disorder) This can sometimes be harder to diagnose as it not as obvious.

ADHD is more commonly diagnosed in boys.

Examples of how a child might be affected by their ADHD.

Symptom	How a child with this symptom may behave
Inattention	Often has a hard time paying attention, daydreams
	Often does not seem to listen
	Is easily distracted from work or play
	Often does not seem to care about details, makes careless mistakes
	Frequently does not follow through on instructions or finish tasks
	Is disorganized
	Frequently loses a lot of important things
	Often forgets things
Hyperactivity	Frequently avoids doing things that require ongoing mental effort
	Is in constant motion, as if “driven by a motor”
	Cannot stay seated
	Frequently squirms and fidgets
	Talks too much
	Often runs, jumps, and climbs when this is not permitted
Impulsivity	Cannot play quietly
	Frequently acts and speaks without thinking
	May run into the street without looking for traffic first
	Frequently has trouble taking turns
	Cannot wait for things
	Often calls out answers before the question is complete
Frequently interrupts others	

Getting a diagnosis.

If you think your son or daughter has Autism, the first point of help can be your GP or your Health Visitor. You can discuss your concerns with either of these.

Others that can help you get a diagnosis:

- Psychologist.
- Psychiatrist.
- The child’s teacher/ SENCO

Where to get support?

- For Us Too- Email: info@forustoo.org Tel: 01843446030
-