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ADHD

What is ADHD?

ADHD, which stands for Attention Deficit Hyperactivity Disorder, is a condition that makes it difficult for a person to pay attention and control impulsive behaviors.

ADHD symptoms usually start before age 12 and can occur as early as age 3.

when these symptoms persist and interfere with school or social interactions, it may be a sign that your child has ADHD.

What causes ADHD?

The causes of ADHD are not fully understood, but genetics, environment, and other issues may all play a role.

ADHD is usually categorized into three types: inattentive ADHD, hyperactive ADHD, or combination ADHD.

1. Symptoms of inattentive ADHD include difficulty focusing on tasks and organization.

2. Symptoms of hyperactive ADHD include difficulty sitting still and interrupting others.

3. Children with combination ADHD show symptoms characteristic of both inattentive and hyperactive ADHD.

Know the Symptoms

The following are symptoms of ADHD:

- Careless mistakes and lack of attention to detail
- Trouble focusing and following through on tasks
- Difficulty listening, even when spoken to directly
- Fails to follow through and becomes easily sidetracked
- Difficulty organizing and initiating work
- Avoids tasks requiring sustained mental effort
- Regularly loses things, like keys and phone
- Easily distracted
- Forgetful
- Fidgets or squirms
- Leaves seat when expected to sit
- Feels restless or unable to sit still
- Difficulty with quiet activities
- "On the go" and unable to relax
- Talks excessively Interrupts others
- Has trouble waiting for their turn
- Intrusive

How can I tell if my child has ADHD?

Diagnosing ADHD can be difficult. While there are defined symptoms and different questionnaires and rating scales that can help with diagnosis, there is no official medical test. To determine whether a patient may have ADHD, doctors must interview patients and observe their behavior. This process may take repeated doctor's visits and other types of information-gathering, including reports from teachers and parents.

Resources:

-Attention Deficit Disorder Association (ADDA)

-Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

-National Institute of Mental Health (NIMH)