



ADHD stands for

Attention Deficit Hyperactivity Disorder.

There are 3 different types of ADHD:

1. Hyperactive
2. Inattentive
3. Combined (Hyperactive and Inattentive)

Because ADHD impacts processes in the brain (how people think, respond and sustain attention) it is considered a neurodevelopmental disorder. ADHD impacts nearly 1 in 10 children between the ages 5-17 years.

ADHD can be characterized by the following symptoms:

Inattentive

Makes careless mistakes

Difficulty organizing

Forgetful, always losing things

Has difficulty following directions

Hyperactive

Fidgets

Talks too much

Trouble playing quietly

Extreme impatience

How does ADHD impact my child at school?

ADHD may cause difficulties with following directions, settling down and following through on tasks. These are tasks that school-age children must use everyday while in the classroom setting. These behaviors can interfere with peer relationships and create challenging obstacles at home. Support systems are in place to help. Talk to your child's teacher about how best to help your child be successful in the classroom. Behavior plans and/or time management skills can be implemented with help from the School Counselor. Communication between parents and schools is an essential part of improving the overall success and self esteem of your child.

If you think your child may be struggling with issues related to ADHD please seek guidance from your child's doctor. The information here is intended to be informational and not meant to be used as a diagnostic tool.

Resources:

- <https://childmind.org/guide/what-parents-should-know-about-adhd/>
- <https://www.additudemag.com/what-is-adhd-symptoms-causes-treatments/>
- <https://www.cdc.gov/ncbddd/adhd/school-success.html>

