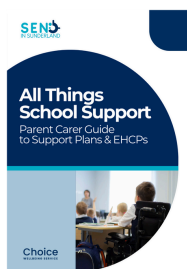
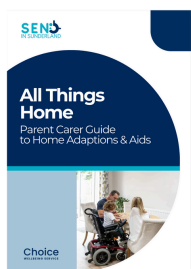
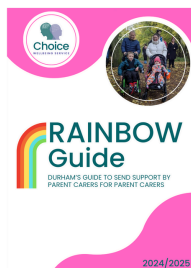
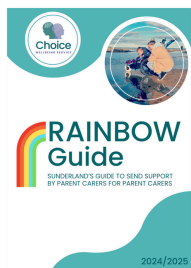


Here are just a few more guides we have available!

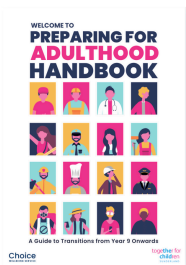


Guides on specific subjects

Rainbow Guides



Transitions Guides



# Attention-deficit Hyperactivity Disorder

## Parent Carer Guide to ADHD

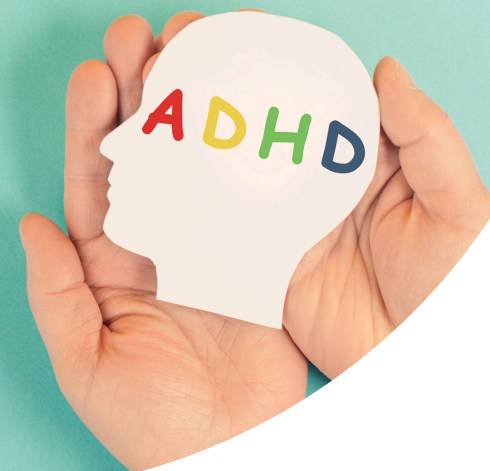
# Your Child, Your Choice

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WELLBEING SERVICE



### What is ADHD?

Most young children are active, and this usually decreases over time. However, persistent difficulties with attention, hyperactivity, or impulsivity may be signs of attention deficit hyperactivity disorder (ADHD).

ADHD is a developmental disorder characterised by an ongoing pattern of one or more of the following types of symptoms:

- Inattention, such as having difficulty paying attention, keeping on task, or staying organised
- Hyperactivity, such as often moving around (including during inappropriate times), feeling restless, or talking excessively
- Impulsivity, such as interrupting, intruding on others, or having trouble waiting one's turn

ADHD is a neurodevelopmental condition involving a consistent pattern of behaviour that affects children across various situations from an early age and can last into adulthood. It often becomes apparent in school when children struggle to sit still, focus, or control impulsive responses.

Untreated ADHD can have a significant negative impact on a child's schooling, relationships, self-image, and family life.

### Impact

Learning can be challenging for children with ADHD, who often struggle with executive functions – a set of skills crucial for guiding behavior, such as planning and self-control. Their performance on learning tasks can be inconsistent across different situations, and one theory suggests this may be due to an underlying difficulty with regulation. Furthermore, the intensity of ADHD symptoms is often reported to vary based on the child's engagement in an activity or the availability of rewards. Approximately 60 to 80 per cent of children with ADHD will have at least one other condition; such as a social communication disorder, reading (dyslexia) or motor (dyspraxia) difficulties.



### Diagnosing ADHD:

ADHD diagnosis relies on a comprehensive evaluation by a qualified healthcare professional (such as a Paediatrician, Psychiatrist, or Clinical Psychologist), not specific tests. This assessment typically involves gathering a detailed history of the child's development and social-emotional wellbeing, observing the child, using standardised questionnaires, and sometimes administering psychological tests. Crucially, the child's own perspective on their difficulties and their impact on daily life is also considered.

To accurately diagnose ADHD and exclude other similar conditions, a professional assessment is necessary, potentially involving a team of specialists like Speech and Language Therapists, Clinical Psychologists, and Occupational Therapists. Although concerns may arise earlier, an ADHD diagnosis is usually considered around the age of six when children start school. However, it can also be identified later, especially for those with inattentive symptoms that become more evident in secondary school. Input from teachers, who observe the child in a structured school setting, is very important and is usually part of the assessment.

### Helping your child

Parents can significantly support children with ADHD by understanding the disorder, creating a structured environment, establishing healthy routines, and collaborating with schools and healthcare professionals. They should also focus on their child's strengths, offer consistent positive reinforcement, and learn effective communication and behavioural management techniques.

**ADHD like many other diagnoses is a lifelong diagnosis. Assessments are usually long and thorough to ensure the right diagnosis is given.**

For more key information on ADHD here:

