



# 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 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

## 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

## 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 effects of ADHD for your child.

Medical treatment consists of:

### **Stimulant medicines (hard capsules)**

These are prescription controlled medications that need to be handled with care to prevent risk of abuse.

Stimulant medications are:

- Methylphenidate
- Dexamfetamine
- Lisdexamfetamine

### **Non-stimulant medicines (hard capsule or liquid)**

These are usually prescribed if a patient does not respond to stimulant medication but are occasionally prescribed first.

Non-stimulant medications are:

- Atomoxetine
- Guanfacine

Therapy treatments consist of:

- Psychoeducation
- Behaviour therapy
- Parental training and education programmes
- Social skills training
- Cognitive Behavioural Therapy (CBT)

## **Symptoms of ADHD**

- Forgetfulness
- Disorganisation
- Hyperactivity
- Finding it difficult to play or work quietly.
- Being impulsive
- Displaying poor concentration
- Excessive chattiness

## **What do I do once my child has been diagnosed?**

At the diagnostic appointment you will be given more information and a decision about further follow up will be made with you.

Your child's school will be informed (with your consent) so that you can discuss the diagnosis with them.

## Suggested reading

**Understanding ADHD-By Christopher Green** - An excellent guide to understanding ADHD in children

**I would if I could. A Teenager's Guide to ADHD By M. Gordan** - Written especially for adolescents with ADHD, contains humour and a straight forward style.

**Jumping Johnny Get Back to Work By M. Gordan** - An amusing guide to ADHD for 6-10 year olds

**The Hyperactive Child, A Parent's Guide By E. Taylor**

**1 2 3 Magic by Thomas Phelan**

## 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).

### Did you know?

Former professional basketball player Michael Jordan and Harry Potter actress Emma Watson both have ADHD and have not let it stand in the way of them being successful.

## Organisations that offer support

### ADHD Foundation

A foundation that works with individuals with ADHD and those around them to provide support, raise awareness and promote positive change. [www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

### ADDISS

The National Attention Deficit Disorder Information and Support Service is a registered charity that provides people-friendly information and resources about ADHD.

[www.addiss.co.uk](http://www.addiss.co.uk)

### Young Minds

The UK's leading charity for children and young people's mental health.

[www.youngminds.org.uk](http://www.youngminds.org.uk)