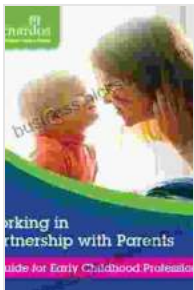


A Comprehensive Guide for Parents and Professionals on Attention Deficit Hyperactivity Disorder (ADHD)

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Autism and Eating Disorders in Teens: A Guide for Parents and Professionals by Sharleen Woods

★★★★☆ 4.6 out of 5

Language : English
File size : 759 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 162 pages



Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that affects a child's ability to focus, control impulsive behaviours, and manage their emotions. It is one of the most common childhood disorders, affecting approximately 5% of school-aged children.

ADHD can range from mild to severe, and it can have a significant impact on a child's academic, social, and emotional development. If left untreated, ADHD can lead to problems in school, relationships, and overall quality of life.

Symptoms of ADHD

The symptoms of ADHD can vary depending on the individual child, but they typically include:

- **Inattention:** Difficulty paying attention to details, making careless mistakes, forgetting things, and being easily distracted.
- **Hyperactivity:** Fidgeting, squirming, running or climbing excessively, and having difficulty sitting still.
- **Impulsivity:** Acting without thinking, interrupting others, and having difficulty waiting turns.

Diagnosis of ADHD

ADHD is diagnosed by a qualified professional, such as a psychiatrist, psychologist, or pediatrician. The diagnosis is based on a comprehensive evaluation that includes a review of the child's symptoms, a physical examination, and a detailed history of the child's development and behaviour.

Treatment of ADHD

There is no cure for ADHD, but there are a variety of treatments that can help to manage the symptoms. Treatment may include medication, behavioural therapy, and educational support.

Medication: Stimulant medications are the most common type of medication used to treat ADHD. Stimulants work by increasing the levels of dopamine and norepinephrine in the brain, which helps to improve attention and control impulsive behaviours.

Behavioural therapy: Behavioural therapy can help children with ADHD to learn how to manage their symptoms. Therapy may include techniques such as positive reinforcement, time-outs, and parent training.

Educational support: Children with ADHD may benefit from additional educational support, such as tutoring, special education services, or a 504 plan.

Prognosis for ADHD

The prognosis for ADHD varies depending on the individual child. With early diagnosis and treatment, most children with ADHD can learn to manage their symptoms and go on to lead successful lives.

Tips for Parents and Professionals

Here are some tips for parents and professionals who are working with children with ADHD:

- **Be patient and understanding.** Children with ADHD may not be able to control their symptoms, and they may need extra support and understanding.
- **Establish clear rules and expectations.** Children with ADHD need to know what is expected of them, and they may need help to stay on task.
- **Provide positive reinforcement.** Reward children with ADHD for good behaviour, and avoid punishing them for their symptoms.
- **Collaborate with the child's doctor and school.** It is important to work together to develop a treatment plan that is tailored to the child's individual needs.

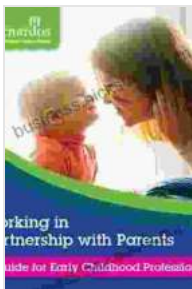
- **Educate yourself about ADHD.** The more you know about ADHD, the better equipped you will be to help the child in your care.

ADHD is a complex disorder, but it can be managed effectively with the right treatment and support. If you are concerned that your child may have ADHD, talk to your doctor.

With early diagnosis and treatment, most children with ADHD can learn to manage their symptoms and go on to lead successful lives.

Additional Resources

- ADDitude
- CHADD
- NIMH



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