**ADHD**

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| What is it? | A [biological condition](https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/add-adhd/understanding-adhd) that makes it hard for many children to concentrate and sit still. |
| Signs you may notice | * Seems [daydreamy](https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/distractibility-inattention/the-teacher-says-my-daughter-daydreams-a-lot-is-my-child-just-bored) or confused * Appears not to listen * Is prone to [tantrums and meltdowns](https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/sensory-processing-issues/the-difference-between-tantrums-and-sensory-meltdowns) due to lack of impulse control * Struggles with organization and completing tasks * Gets easily bored unless an activity is very enjoyable * Has [trouble following directions](https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/distractibility-inattention/why-some-kids-have-trouble-following-directions) * Struggles to sit still during quiet activities * Is impatient and has trouble waiting his turn * Is constantly moving * Fidgets and needs to pick up and fiddle with everything * [Interrupts people](https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/nonverbal-learning-disabilities/why-is-my-child-always-interrupting-people) and blurts things out inappropriately * Doesn’t understand the consequences of his actions * Plays roughly and takes physical risks |
| Possible emotional and social impact | Trouble following social rules can make it hard to make and keep friends.  Frequent negative feedback for acting out or not paying attention can impact self-esteem and motivation, making a child feel he’s “bad” or “no good.” |
| Professionals who can help | * Pediatricians, developmental-behavioral pediatricians, nurse practitioners, child psychiatrists: Diagnose ADHD and prescribe [ADHD medication](https://www.understood.org/en/learning-attention-issues/treatments-approaches/medications/types-of-adhd-medications). Psychiatrists will look for other issues like anxiety * Clinical child psychologists: Provide behavior therapy to teach kids skills to manage their actions and interactions. Provide cognitive behavioral therapy to help with emotional issues related to their ADHD. Diagnose ADHD and mental health issues that may co-occur, such as anxiety. May also evaluate for learning issues * Pediatric neuropsychologists: Diagnose ADHD and common mental health issues that may co-occur, such as anxiety. May also evaluate for learning issues   [Educational therapists](https://www.understood.org/en/learning-attention-issues/treatments-approaches/therapies/what-you-need-to-know-about-educational-therapy) and [organisational coaches](https://www.understood.org/en/school-learning/learning-at-home/teaching-organizational-skills/organizational-coaches-what-you-need-to-know): Work on organization and time management skills |
| What the school may provide | * Extended time on tests, including standardized tests * A seat close to the teacher and away from distractions * A larger, more private work space to get work accomplished * A signal, nonverbal cue or picture card to get the child’s attention * Long assignments broken into smaller chunks * Worksheets with fewer questions * Written or picture schedules for daily activities * Movement breaks |
| What you can do at home | * Create daily routines and rituals to provide structure. * Break tasks into smaller chunks. * Use visual prompts like checklists, [visual schedules](https://www.understood.org/en/learning-attention-issues/understanding-childs-challenges/simple-changes-at-home/download-sample-picture-schedules-and-visual-planners) and sticky notes to help your child focus, stay organized and get things done. * Allow for breaks during homework and study time. * Create an [organized homework and study area](https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/video-the-best-place-to-do-homework). * Help [organize his backpack](https://www.understood.org/en/school-learning/learning-at-home/teaching-organizational-skills/8-tips-for-organizing-your-childs-backpack) and check that it’s cleaned out regularly. * Give advance warning about changes in the schedule and explain what he can expect in new situations. |