



Attention Deficit Hyperactivity Disorder



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What is attention deficit/hyperactivity disorder, or ADHD?

ADHD is a common mental disorder that begins in childhood and can continue through adolescence and adulthood. Children with ADHD have levels of inattention, hyperactivity, and impulsive behaviors greater than other children at similar age. It is therefore sometimes hard for a child to do well in school or behave at home or in the community.

What are the symptoms of ADHD?

Symptoms of ADHD can be divided into three areas :

1. Hyperactive

- Fidget and squirm a lot
- Talk nonstop and interrupt people
- Run around a lot
- Switch too quickly from one activity to the next
- Touch and play with everything they see

2. Inattentive

- Daydream too much
- Have trouble finishing tasks like homework or chores
- Get distracted easily and forget things often

3. Impulsive

- Be very impatient
- Blurt out inappropriate comments
- Have trouble controlling their emotion

How do children with ADHD get better?

Children with ADHD need individualized treatment programs, including medication, behavioural therapy and other learning and copying strategies training.

Medication

Several medications can help. The most common types are called stimulants. Medications help children focus, learn, and stay calm.

Therapy

There are different kinds of therapy. Behavioral therapy can help teach children to control their behavior so they can do better at school and at home. Parents and Teachers' understanding towards ADHD and how to manage children with ADHD symptoms will be beneficial for the children. Children with ADHD may also need social skills training, problem solving skills training, etc.

Change in teaching strategies, homework accommodation and staffing ratio can also facilitate children with ADHD to learn effectively at school.