


Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is a common mental health disorder. A person with ADHD has differences in brain development and brain activity that affect attention, the ability to sit still, and self-control. ADHD can affect kids at school, at home, and in friendships. Children with ADHD may struggle with following directions and have excessive energy. Teens with ADHD may be distracted, forgetful and have difficulty planning or organizing tasks.

Who has ADHD?

 ADHD is strongly related to genetics, meaning it runs in families. Other risk factors include premature birth, traumatic brain injuries and exposure to toxins.

- 5-7% of all children may be diagnosed with ADHD.
- Symptoms are typically first seen before age 12.
- ADHD symptoms can change as you get older.
- 2 out of 3 teens will continue to have some degree of ADHD symptoms into adulthood.

How can a professional help me?

ADHD symptoms are treatable with medication. Around 85% of all children on ADHD medication can focus better and are less fidgety and impulsive.

Parents may benefit from classes that help them support their kids with ADHD at home and school. Some kids with ADHD can benefit from coaching or therapy to help them handle frustration, control impulses, manage their time, and organize tasks.

View additional
information here:




How can I help myself?


Learn: Learn about ADHD and how it affects you. There are many successful people who have ADHD but ADHD symptoms aren't the same for everyone.


Build healthy habits: Find out what works best to manage your ADHD symptoms. Make time for exercise, set schedules or routines, take breaks when working on long assignments.


Organize: Find a system that is right for you to stay on top of your goals. Don't give up!

How can a parent help me?

 **Learn:** Parenting kids with ADHD can be tough. My parents can help me by learning about ADHD and how it affects me. They can help me with a regular schedule, consistent rules, and positive praise or rewards.

 **Practice patience:** Kids with ADHD get a lot of negative feedback. My parents can try to be patient with me, and recognize that I may not be forgetting on purpose, may need more reminders, and need tasks broken up into smaller pieces.

 **Collaborate:** ADHD symptoms are likely to impact children across settings. My parents can work with my school to help me do my best. This may include a 504 plan that allows me to get support at school.

 **Believe in me:** It's easy for people to focus on all the problems my ADHD causes. My parents can recognize all the things I am good at. They can make sure I have opportunities to build on my strengths and talents.