

## **Mental Health Information for Parents from FSUS**

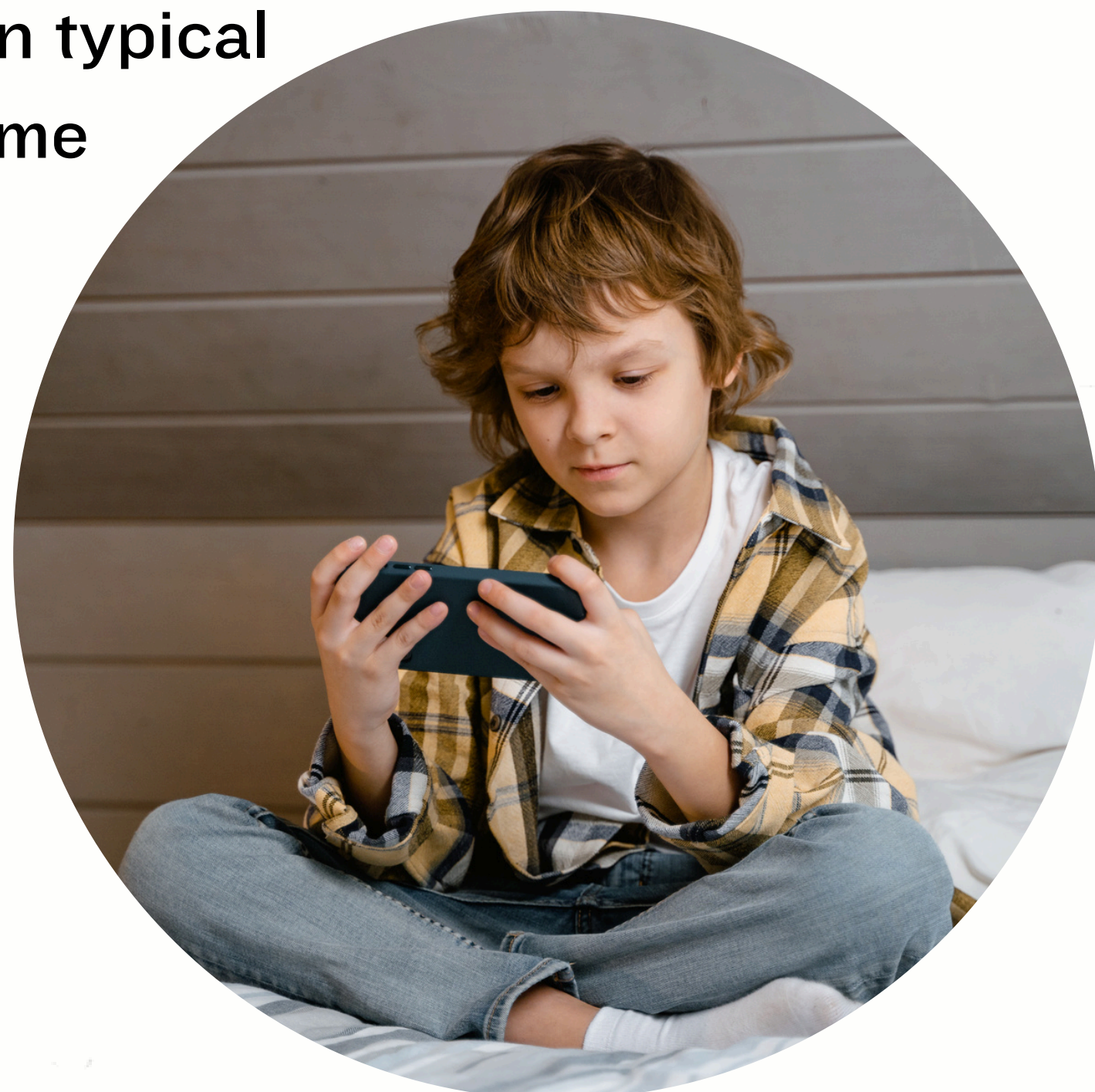
# **ADHD**

**ADHD** stands for **attention deficit hyperactivity disorder**.

It is a medical condition. 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 a child at school, at home, and in friendships. A person with ADHD may have symptoms related to inattention, hyperactivity, or BOTH.

## **Common Symptoms**

- Appears to have more energy than typical
- Can't sit still for long periods of time
- Difficulty planning
- Distractibility
- Difficulty concentrating
- Excessive talking
- Impulsivity
- Symptoms occur in 2+ settings



## **Facts**

**6.1%** of U.S. children are being treated for ADHD

**42%** increase in ADHD diagnoses over the past 8 years

**3-6** are the age range when ADHD symptoms typically first appear

**3x** more likely for males to have ADHD than females

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### **Strategies for People with ADHD**

- Develop an organizational system
- Keep a structured home environment
- Set reminders (e.g., set alerts on phone, calendar with written notes)
- Have daily check-ins with someone to remind yourself of what you need to do
- Relaxation Techniques (e.g. deep breaths, progressive muscle relaxation, etc.)
- Meditation (helps to increase concentration and deal with stress)

### **Quick Takeaways**

- Hallmark symptoms are **inattention, hyperactivity, and impulsivity**.
- ADHD often presents **differently** in boys and girls. While boys are often more impulsive or hyperactive, girls are often more prone to being withdrawn, inattentive, and having low self-esteem.
- ADHD is a **brain-based** disorder. Kids can't overcome symptoms of ADHD by "trying to concentrate harder".
- There are great **treatments available for ADHD**, including medication, behavior therapy, and ADHD coaching.

### **Resources**

<https://add.org/adhd-resources/>

<https://adhd.newlifeoutlook.com/parent-resources-for-adhd/>

<https://www.therapistaid.com/search?query-ADHD>

<https://www.healthline.com/health/adhd/facts-statistics-infographic>

<https://www.health.harvard.edu/blog/5-things-parents-and-teachers-need-to-know-about-adhd-2017102712643>

[https://www.ancop.org/AACAP/Families\\_and\\_Youth/Youth\\_Resources/Home.aspx](https://www.ancop.org/AACAP/Families_and_Youth/Youth_Resources/Home.aspx)