



# What is ADHD?

Attention-Deficit / Hyperactivity Disorder

ADHD is a common medical condition in both children and adolescents. It is a condition of the brain that makes it hard for children to pay attention at school. Children who are diagnosed with ADHD can have focusing or behavioral issues that interfere with their everyday lives.

At Jeffers, Mann and Artman, we have an ADHD Program to help children, teenagers and their parents manage these symptoms. As a parent, you play an important role in providing treatment so your child can be successful.

## What are the symptoms?

A child with ADHD may have one or more of these symptoms:

- Inattention – a child may make careless mistakes, have trouble finishing tasks, lose or misplace things, seem forgetful.
- Hyperactivity – a child may have trouble sitting still, have difficulty playing quietly, or always seem to be “on the go.”
- Impulsivity – a child may blurt out answers, interrupt others, or do things without thinking them through.

These symptoms must start at a young age, be present in multiple settings (for example both home and school), be significant enough to affect daily activities, and not be caused by another medical condition.

## How is ADHD diagnosed?

Your child’s teacher may be the first to notice symptoms of ADHD. During routine visits, your doctor will ask questions such as:

- How is your child doing in school?
- Are there any problems with learning that you or your child’s teachers have seen?
- Is your child happy in school?
- Is your child having problems completing class work or homework?
- Are you concerned with any behavior problems in school, at home, or when your child is playing with friends?

## How is it treated?

The two ways to treat ADHD include changing behavior and taking medications. It may take some time to create the best treatment plan for your child.

1. Behavioral interventions: a psychologist can help families make changes at home and school which can help improve the behavior of a child with ADHD. Your doctor will provide you with resources for this referral.
2. Medications: several types of medications can be used to treat children with ADHD. They fall into 2 groups – stimulant and non-stimulant. Your doctor will select the best medications for your child and discuss possible side effects.

**We can help parents get the training and education needed to better understand ADHD and develop the skills to deal with behaviors in a positive way.**