

ADHD in Children and Teens

ADHD stands for **Attention Deficit Hyperactivity Disorder**

Some children mostly have **trouble paying attention** (inattentive subtype) and others mostly have **trouble sitting still** and controlling impulses (hyperactive-impulsive subtype). Some children have **trouble with both** (combined subtype). To meet criteria for ADHD, children must be having problems with these symptoms **across at least two settings** (home, school, activities, with friends)

Trouble Paying Attention

- Careless mistakes
- Difficulty finishing tasks
- Difficulty listening and
- Difficulty following through on instructions
- Trouble organizing
- Avoidance of tasks that require lots of concentration
- Loses items
- Forgetful

Being Impulsive or Hyperactive

- Fidgeting
- Leaving seat frequently
- Running or climbing at inappropriate times
- Seeming “on the go” or “driven by a motor”
- Excessive talking
- Blurting out answers
- Difficulty waiting turn
- Interrupting others

Treatments for this Disorder

- Research suggests that medication and therapy together are often the best combination for children with ADHD.
- You should speak with your primary care physician or psychiatrist about medication for your child.
- Many parents are surprised to learn this, but the type of therapy with the best evidence for ADHD **focuses on parents and teaching them the skills** to manage their child’s behavior and help support them in completing tasks.