



FLORIDA STATE UNIVERSITY

HUMAN SERVICE CENTER - FSUS LOCATION

MENTAL HEALTH INFO FOR PARENTS:

ADHD

How it affects your child and how you can help

What is 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

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

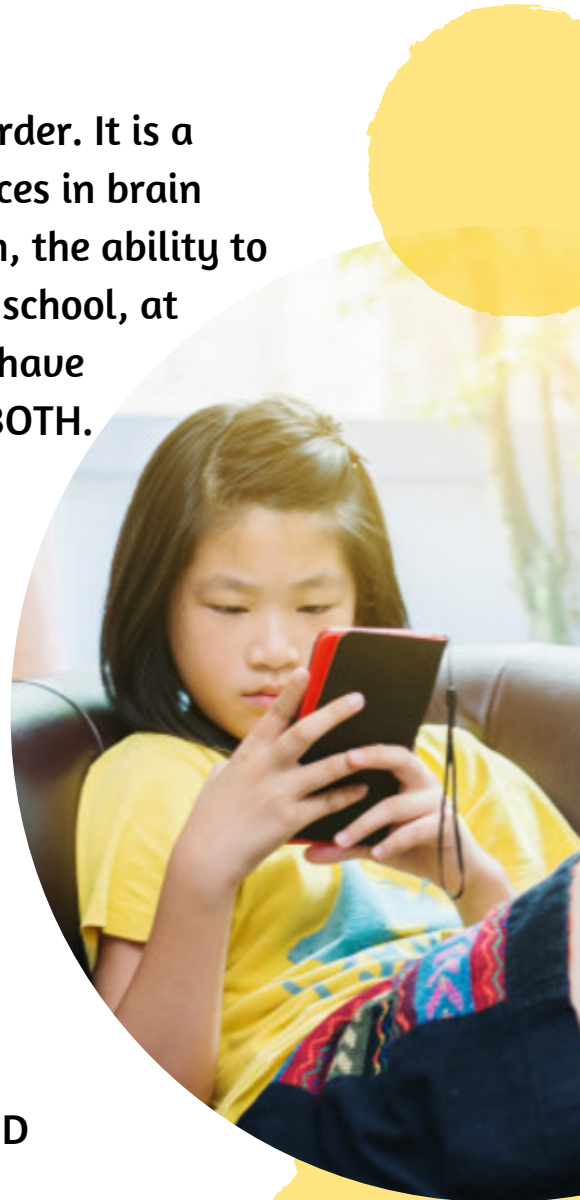
Stats

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

42% increase in ADHD diagnoses over the past 8 years

3-6 age when ADHD symptoms typically first appear

3x males are three times more likely to have ADHD than females



Coping Strategies for Persons with ADHD

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

Takeaways

- ✓ The hallmark symptoms of ADHD 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- ✓ While boys are often more impulsive or hyperactive, girls are often more prone to being withdrawn, inattentive, and having low self-esteem.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://www.aacap.org/AACAP/Families_and_Youth/Youth_Resources/Home.aspx

<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>