

ADHD

ADHD can make it very hard for children to focus on their school work or other tasks, pay attention and sit still. Children with ADHD have a harder time controlling themselves than other children their age, which can lead to challenges at school and at home. ¹

IMPORTANT FACTS

- 7 to 8% of children and adolescents suffer from ADHD.
- ADHD is commonly associated with other mood and behavioral concerns.
- The symptoms must negatively impact social and academic/occupational activities.
- The symptoms must be present in two or more settings (e.g., home, school, work, with friends or family).
- There is no one size fits all testing method, usually determining ADHD takes a full holistic evaluation that will include asking questions about the child's parents, legal guardians, teachers, etc. ³
- ADHD often times more common in males than females. ⁴

WAYS TO SUPPORT

The parent can provide positive attention through labeled praise when the child is doing a behavior that the parent wants them to continue.

- For example, if a child is sharing a toy with their sibling, the parent might say, "Great job sharing your toy with your sister!"
- This can lead the child to want to increase this behavior.
- Children can often hear what they are doing wrong, and making a conscious effort to focus on praising behaviors can change this belief. ²

COMMON SYMPTOMS

- Often has difficulty sustaining attention in tasks or play activities.
- Often does not seem to listen when spoken to directly.
- Often does not follow through on instructions and fails to finish tasks.
- Often has difficulty organizing tasks and activities.
- Often easily distracted by extraneous stimuli.

These are just a few symptoms of ADHD. A professional mental health provider would need to assess a child to determine if they have ADHD.

Sometimes, medication is necessary for treatment if determined by a professional. ¹

ADHD is a condition in which people have difficulty with:

- Inattention
- Hyperactivity
- Impulsivity
- Regulating their mood
- Organization²

ADHD has two main behaviors

- Inattentiveness
- Impulsivity

Most individuals will have one or both of these behaviors. The behaviors must be more than what's typical for a child at their age and over a long period of time.

WAYS TO SUPPORT

This common element can help children and their families find solutions to problems together.

The five steps are:

1. Identify the problem.
2. Brainstorm as many solutions as possible.
3. Evaluate the potential solutions.
4. Choose the best overall solution.
5. Evaluate whether the solution worked in 1 to 2 weeks.
Go back to brainstorming if it didn't work for therapeutic support.

Behavior therapy is the primary therapy of choice for ADHD in children and adolescents. Specifically, **parent training in behavior management (PTBM) also known as parent management training (PMT)** has the greatest amount of evidence for this patient population. ²

Implementing and maintaining a consistent routine is crucial for the caregiver and the child. Be clear and consistent with demands and expectations because predictability for the child is key day to day. ⁴

RESOURCES TO HELP

- childmind.org
- chadd.org
- nami.org

REFERENCES

1. Child Mind Institute. (n.d.). *Quick Guide to Attention-Deficit Hyperactivity Disorder (ADHD)*
2. Chesher, Tessa (2023) *OKCAPMAP Provider Education ADHD in Children and Adolescents Learning Module*
3. Substance Abuse and Mental Health Services Administration (2023) *Attention-Deficit Hyperactivity Disorder (ADHD)*
4. National Institute of Mental Health (n.d.) *Attention-Deficit/Hyperactivity Disorder*