

ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common *neurodevelopmental* disorders of childhood that affects a person's attention and self-control. It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviours (may act without thinking about what the result will be), or be overly active.

Because of ADHD, people have a harder time staying focused. They may be more fidgety than others. ADHD can make it harder to control behaviour, so children and teens may get into trouble more. ADHD can affect how they get along with other people.

A child with ADHD might:

- daydream a lot
- forget or lose things a lot
- squirm or fidget
- talk too much
- make careless mistakes or take unnecessary risks
- have a hard time resisting temptation
- have trouble taking turns
- have difficulty getting along with others

Treatment for attention deficit hyperactivity disorder (ADHD) can help relieve the symptoms and make the condition much less of a problem in day-to-day life.

ADHD can be treated using medicine or therapy, but a combination of both is often best.

A specialist, such as a paediatrician or psychiatrist, usually arranges treatment although the condition may be monitored by a GP.

Resources:

Managing ADHD

ADHD Interventions for Parents

ADHD Testing

<https://www.healthline.com/health/adhd#adhd-testing>

Treatment for ADHD

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/treatment/>