

INFORMATION ABOUT ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD):

What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders and can continue through adolescence and adulthood.

Symptoms include difficulty staying focused and paying attention, difficulty controlling behaviour, and hyperactivity (over-activity).

What is Attention Deficit Disorder (ADD)?

The *three* primary characteristics of ADD/ADHD are *inattention, hyperactivity, and impulsivity*. The signs and symptoms a child with attention deficit disorder has depends on which characteristics predominate. Children with ADD/ADHD may be: Inattentive, but not hyperactive or impulsive.

What is the difference between ADD and ADHD in children?

ADHD includes the symptom of physical hyperactivity or excessive restlessness—that's the "H". In ADD (or what is called in the diagnostic manual, ADHD, inattentive subtype), the symptom of hyperactivity is absent. Indeed, people with ADD can be calm and serene, not in the least hyperactive or disruptive.

Therapy and Other Support for ADHD:

A psychiatrist or other qualified psychotherapist can help a child with ADHD gain a better self-image. They provide medication and psychotherapy. The therapist can help the child identify his or her strengths and build on them. Therapy can also help a child with ADHD cope with daily problems, pay better attention, and learn to control aggression.

What kind of counselling will help in ADHD?

Once your child has a suspected ADHD:-

Step 1: Have a child assess by psychologist for a complete diagnosis. Parents should try to acknowledge and concern about the child's problem.

Step 2: The child should be given a Medication. There are 3 types of medication:

- Inspiral
- Ritalin
- Dexedrine

Step 3: Get counselling for behaviour problems.

Step 4: Activities for increasing attention span.