

# ADHD Facts



*What is Attention Deficit Hyperactivity Disorder (ADHD)?*

Attention-Deficit/Hyperactivity Disorder (ADHD) is a condition that impacts the parts of the brain that help us plan, focus on, and execute tasks. ADHD can make it hard for a person to sit still, control behavior, and pay attention.

## 3 Types of ADHD

**Inattentive type.** Many children with ADHD have difficulty paying attention. The child:

- Can't stay focused on play or school work;
- Is unable to follow or understand instructions;
- Cannot organize tasks and activities;
- get distracted easily; and
- often loses things such as toys, school work, and books.

**Hyperactive-impulsive type.** Being too active is probably the most visible sign of ADHD. The hyperactive child is "always on the go." A child with ADHD may also act before thinking (called *impulsivity*). Children with the hyperactive-impulsive type of ADHD may:

- fidget and squirm;
- get out of their chair when they're not supposed to do so;
- run or climb at inappropriate times;
- talk out of turn or blurt out;
- have trouble waiting their turn.



**Combined type.** Children with the combined type of ADHD have symptoms of both of the types described above. They may have difficulty paying attention, with hyperactivity, and with controlling their impulses.

Of course, from time to time, all children are inattentive, impulsive, and too active. With children who have ADHD, *the behaviors are the rule, not the exception, and can* cause a child to have real difficulty at home, at school, and/or with friends.

## Tips for Parents

- **Learn about ADHD**
- **Praise** your child when they do well. Build your child's abilities.
- **Be clear, be consistent, be positive.** Set clear rules for your child. Tell your child what they *should* do, not just what not to do.
- **Learn about strategies for managing your child's behavior.** These include valuable techniques such as: having a reward program, ignoring behaviors, natural consequences, logical consequences, and time-out.
- **Talk with your doctor** about whether medication will help your child.
- Pay attention to your child's **mental health** (and your own!). Be open to counseling.
- **Talk to other parents** whose children have ADHD. [Call The Parent's Place of Maryland, your state's Parent Center, or The Maryland Chapter of CHADD](#) to find out how to find parent groups near you.
- **Meet with the school and develop an educational plan** to address your child's needs.
- **Keep in touch with your child's teacher.**

## **Additional Resources**

### **[National Resource Center on AD/HD](#)**

A service of CHADD.

1.800.233.4050 | Info available in English and in Spanish.

### **[CHADD](#)** | Children and Adults with Attention-Deficit/Hyperactivity Disorder

Find loads of info on ADD and AD/HD. Find a local chapter of CHADD.

301.306.7070 | Info available in English and in Spanish.

### **[Information from the CDC](#)**

#### **[If your child is having trouble at school, where do you start?](#)**

The resources listed on this page from CHADD will provide parents with a good background in the services and/or accommodations that may be available to their child. Every public school should also provide parents with information about local procedures and policies governing ADHD and support available through the school.

### **[HealthyChildren.org on ADHD](#)**

Scads of materials on ADHD in English and Spanish from this service of the American Academy of Pediatrics, including the article *Understanding ADHD: Information for Parents*.

### **[Know Your Rights: Students with ADHD](#)**

The United States Department of Education Office for Civil Rights provides this document for parents and guardians of students with ADHD. This document summarizes your rights and your school district's legal obligations that prohibit discrimination against your child's diagnosis.

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