ADHD is...

- An abbreviation for attention-deficit hyperactivity disorder. It’s also the official name for what is sometimes referred to as attention-deficit disorder (ADD).
- A common disorder that can impact focus, impulse control and emotional responses.
- Often diagnosed in childhood but sometimes not until the teen years or later.

ADHD is not...

- All about hyperactivity. Kids with the inattentive type of ADHD may appear “daydreamy” or off in their own world.
- A problem with laziness. ADHD is caused by differences in brain anatomy and wiring.
- Something most kids totally outgrow. Many kids diagnosed with ADHD have symptoms that persist in adulthood.

Kids with ADHD may have trouble with...

- Getting and staying organized
- Managing emotions
- Following directions
- Shifting focus from one thing to another
- Keeping things in mind (working memory)
- Getting started on tasks
- Thinking before saying or doing things

Ways to help kids with ADHD

- Behaviour therapy can help kids get organised and replace negative behaviours with positive ones.
- ADHD medication can reduce ADHD symptoms, but only when the medication is active in the body.
- Classroom accommodations, like taking movement breaks and getting extended time on tests, can help with things like staying seated and finishing tasks.

Success stories

- Emma Watson, Award-winning actress and activist
- Heston Blumenthal OBE, Three Michelin stars celebrity chef
- Simone Biles, Olympic Gold gymnast
- Zayn Malik, Award-winning singer and songwriter

For more information and support around ADHD, visit www.adhdfoundation.org.uk