



## What is Attention Deficit Hyperactivity Disorder?

Attention Deficit Hyperactivity Disorder (ADHD) is a neurobehavioural condition that typically emerges in early childhood before the age of 7. Children with ADHD have difficulty paying attention, sitting still and thinking things through before acting.

## Why is it significant?

If left untreated, ADHD can cause major disruptions in day-to-day life for both the affected child and their family. Children with ADHD often struggle at school and later, as adults, at work. ADHD can also seriously hamper them in their relationships and cause significant parent/child conflict.

## What else should I be aware of?

Some conditions have symptoms similar to ADHD, including learning disabilities, anxiety disorders, Tourette's, conduct disorder, oppositional defiant disorder, depression, anxiety, developmental disorders and asthma.



**Attention Deficit  
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## What can I do?

- ✓ If your child is taking medication to treat their ADHD, watch for mood changes, appetite loss, trouble sleeping, headaches, stomach aches

and other side effects. If these last for more than a few weeks, check with your doctor.

- ✓ Explain your child's diagnosis of ADHD to their teachers and school principal. Try to find ways together to help support your child in school. Most public and private schools will have an educational psychologist and other specialized resources available.

- ✓ Ensure your child has a nutritionally balanced diet based on Canada's Food Guide.

- ✓ Encourage your child to be physically active.

- ✓ Look for a program that teaches parents of children with ADHD specific techniques for giving commands, reinforcing positive social behaviour and decreasing inappropriate behaviour.

- ✓ Contact the Canadian ADHD Resource Alliance at [www.caddra.ca](http://www.caddra.ca) or CH. A.D.D. Canada at [www.chaddcanada.org](http://www.chaddcanada.org).

- ✓ Learn more about ADHD by going to [www.makinghealthhappen.com](http://www.makinghealthhappen.com).



Go to [MakingHealthHappen.com](http://MakingHealthHappen.com) and enter **hw166083** in the search box to learn more about ADHD.