



Understanding attention deficit hyperactivity disorder (ADHD) in kids and teens

What is ADHD?

ADHD is a condition that makes it hard for a child to pay attention, sit still, and think before acting. Kids with ADHD have these problems more often than other kids.

Signs to look for:

- Trouble paying attention
- Gets distracted easily
- Forgets homework or loses things
- Talks a lot or interrupts others
- Has trouble sitting still
- Does not always listen

Types of ADHD:

1. Trouble paying attention
2. Very active and impulsive
3. A mix of both

How doctors help:

Talk to a doctor or specialist. They will check the child carefully to understand what is going on.

Other problems that may happen:

- Anxiety
- Depression
- Learning problems
- Behavior problems

Why treatment matters:

Without help, school and friendships can be hard.

Kids may feel frustrated or get in trouble often.

People may not understand that the child has a health problem.

Treatment options:

Medicine:

- Helps the child focus and control behavior.

Therapy:

- Behavior therapy helps control actions
- Thinking therapy helps problem-solving
- Social skills training helps with friends
- Parent training helps caregivers support the child

School help:

- Clear instructions
- Extra time for work
- Learning support

Good news: With the right help, kids with ADHD can do well in school, make friends, and be successful.