

# ADHD in Children

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Victoria A. Alonzo, M.S., LPC

Children are typically energetic and full of life. We often expect them to be curious and rambunctious in nature, even going so far as to coining the infamous term “terrible twos and threes”. But what happens when your child is grade school age and still quite rambunctious? His grades are rather low, his teacher mentions to you that she notices he appears distracted and has a difficult time concentrating on the task at hand. There could be many reasons as to why your child may be having difficulty in school but one you should look into is Attention-deficit/hyperactivity disorder (ADHD).

ADHD is broken down into 3 subtypes:

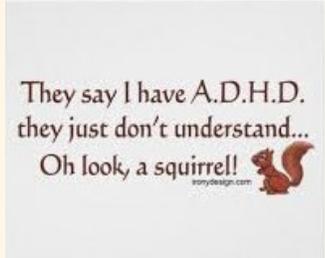
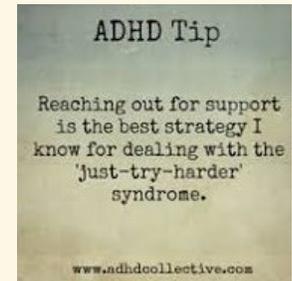
predominantly inattentive, predominantly hyperactive-impulsive, and the most commonly seen combined. ADHD symptoms are usually noticeable before age 12 and can be seen in some children as early as age 3. The disorder is more commonly seen in males than females and can be displayed differently in each gender. Symptoms to look out for are:

- Is in constant motion
- Squirms and fidgets
- Does not seem to listen
- Has trouble playing quietly
- Often talks excessively
- Interrupts or intrudes on others
- Is easily distracted
- Does not finish tasks

Diagnosis can be done by your doctor or a trusted professional in the mental health field. It is done in a step by step process and involves input from multiple sources, such as yourself and your child’s school. Being able to assess your child’s behavior in different settings and the duration of how long the behavior has been displayed is crucial for a proper diagnosis. The exact cause of ADHD is not 100% clear, however certain factors might play a part such as genetics, environmental and/or developmental factors. ADHD can run in families so if you have a blood relative with ADHD, chances are higher your child may develop symptoms.

There is help for your child after receiving an ADHD diagnosis. Medication has been proven to help children focus their thoughts and avoid distraction in the school setting. Behavioral therapy is also extremely helpful in creating more structure and setting clear limitations/expectations for your child. A combination of both medication and therapy is often seen as the most beneficial. It is important to get with your doctor to come up with the best plan and treatment options for your child’s individual needs. The main goal for any child is to see them succeed and live a happy and healthy life, which is possible with an involved family/support system.

## Food for thought:



## Reading Suggestions:

