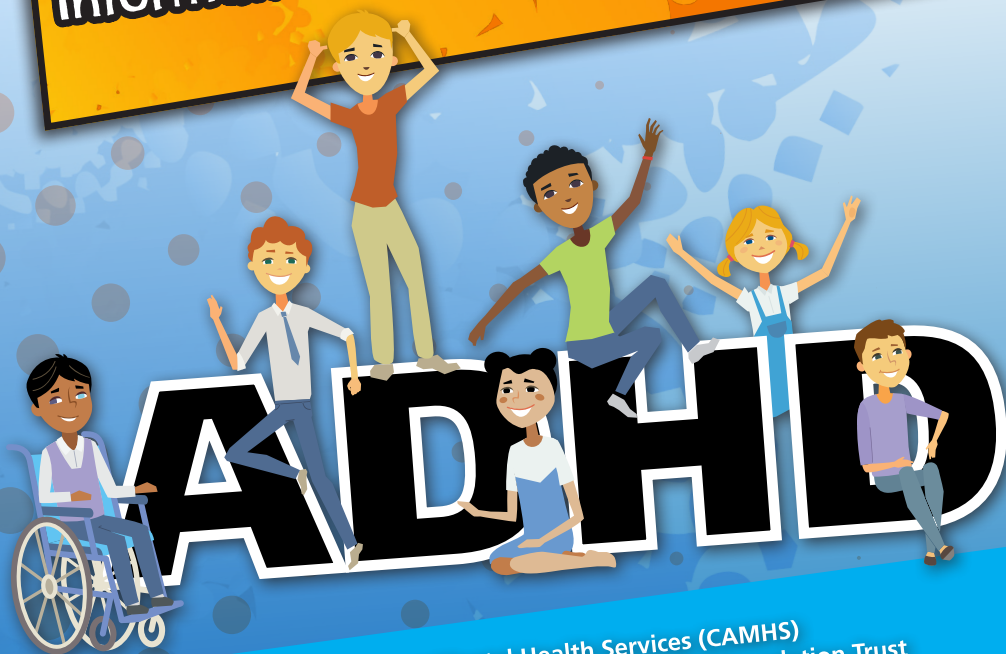


# What is ADHD?

Information for children



Child and Adolescent Mental Health Services (CAMHS)  
Rotherham Doncaster and South Humber NHS Foundation Trust  
Kimberworth Place, Rotherham  
S61 1HE  
Tel: 01709 304808



ADHD is short for Attention Deficit Hyperactivity Disorder. Children who have ADHD have difficulty with:

- Inattention
- Hyperactivity
- Impulsivity

## Inattention

You can find it difficult to concentrate for very long.

People may tell you that you don't listen when they are talking.

You forget things such as books, PE kit or lunch money and have to be reminded.

You lose things easily such as your pencil in class.



## Hyperactivity

People may say that you are 'always on the go' or that you run and climb more than your friends.

You fidget and find it hard to sit still even when you are told to.

You may get up and walk about when other children are seated and working in school.

You can be more noisy than other children.

You talk a lot, even in lessons when you are told not to.

You may make noises such as humming or whistling.



## Impulsivity

You may do something without thinking about the consequences.

Because you don't think about what will happen, you sometimes get in to trouble or even worse, hurt yourself.

You may become quickly frustrated when you can't do something.

You find it difficult to wait your turn.

You may shout out in class instead of putting your hand up.

You may talk over people or interrupt people when they are talking.

You may get into arguments or fights more often with friends or brothers and sisters.



## Other difficulties you may have

You find it difficult to fall asleep.

As a result you may find it hard to get up in the morning.

You may be clumsy and trip and fall more easily.

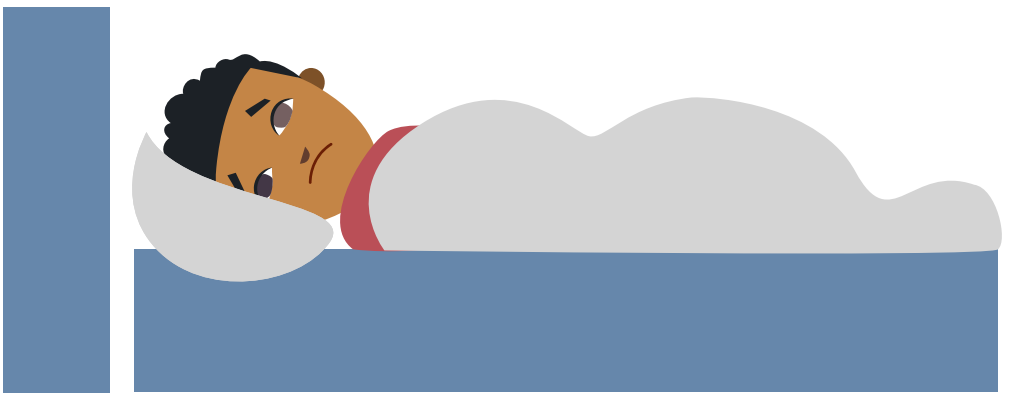
You find it hard to be organised.

You may have difficulty following routines such as getting up and getting yourself ready for school in the morning without someone reminding you what to do next.

You lose track of time and can be late for things as a result.

You may have been made to feel different or bullied because you have ADHD.

This may have made you feel sad or angry.

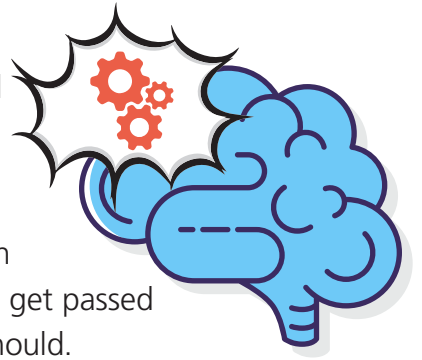


## My ADHD Brain

The front part of the brain is like the control centre. Chemicals pass messages to the rest of the brain and around the body.

In children with ADHD there are not enough chemicals in the brain and messages do not get passed around the brain and to the body as they should.

More boys than girls are diagnosed with ADHD.



There may be other children in your class or school that has ADHD.

Before you were told you had ADHD, people may have told you that you were 'naughty' or 'bad'. This could have made you sad or upset.

## Things to feel good about

Children with ADHD can be:

- energetic and athletic
- caring and sensitive
- creative and artistic
- smart and funny
- curious and adventurous
- successful.



Having ADHD does not stop you achieving your goals.





## Not just you...

There are lots of people with ADHD, here are a few famous people. Do you recognise any of them?

They are: WILL.I.AM, Will Smith, Tom Cruise, Justin Timberlake, Whoopi Goldberg, Robbie Williams, Johnny Depp, Emma Watson, Daniel Radcliffe, Tiger Woods, Harrison Ford and Jim Carey.

## Medication

Taking tablets can help to control the difficulties you are having.

The doctor or nurse will talk to you about whether this is something you would like to try, your parent or carer can help you decide.

ADHD medication works by increasing chemicals in the front of the brain so that messages can be passed to the rest of the brain and around the body.

Methylphenidate tablets are prescribed for a lot of boys and girls with ADHD. There are others to try if these do not work for you.

Tablets can have side effects. Side effects are things caused by the tablets that aren't wanted or helpful, such as a headache or not feeling hungry.



Use this page for making notes. Do you have any questions you would like to ask about your ADHD?



Child and Adolescent Mental Health Services (CAMHS)  
Rotherham Doncaster and South Humber NHS Foundation Trust  
Kimberworth Place, Rotherham  
S61 1HE  
Tel: 01709 304808

All illustrations unless noted are ©Envato/ Boyko Pictures or adaptation of.

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

#### Amharic

ይህን ደብዳቤ በግልጽ እንዲታይ ወይም በብረት ተጽፎ ለሌላ ቋንቋ ተጽፎ ለሌላ ቋንቋ ለማግኘት ከዚህ የዘወትር ምክርና ግንኙነት አገልግሎት ላይ ይጠቀሙ።  
0800 015 4334 ደውሎ ያገኙ።

#### Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الإتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

#### Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজন্স সার্ভিসের সাথে যোগাযোগ করবেন।

#### Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务（Patient Advice and Liaison Service），电话号码：0800 015 4334。

#### Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

#### Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

#### French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

#### Kurdish Sorani

ئەگەر تۆم ئێستا بە زانیاریاتە بە چاڵی گۆمەر، بە برایل یان لەسەر شریتی دەنگی دەخوازیت یاخود نەم بەلگەنامە بە زمانیکی دیکی دەخوازیت، تەکیە پەیوەندی بکە بە خزمەتگۆزاری زینماپی و هاوناھەنگی نەخۆشەو بە ژمارە 0800 015 4334.

#### Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

#### Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੁੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਰਾਥਨ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੁੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

#### Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

#### Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

#### Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیٹینٹ ایڈوائس اینڈ لیاؤن سروس سے

پر رابطہ کریں۔ 0800 015 4334

#### Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay băng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
Last Reviewed: January 2021