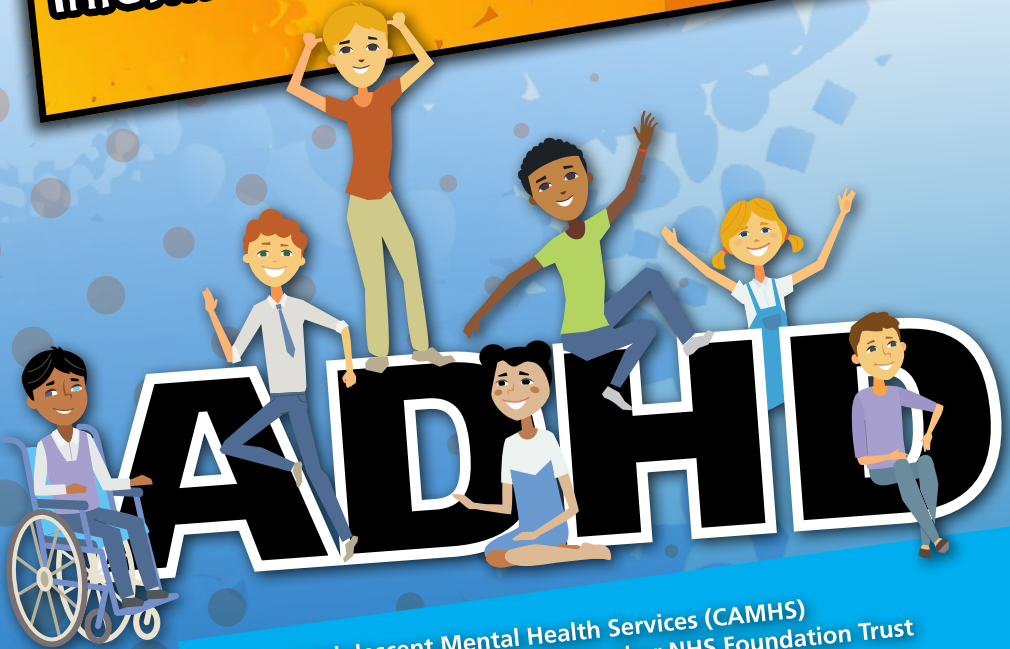


What is ADHD?

Information for children



Child and Adolescent Mental Health Services (CAMHS)
Rotherham Doncaster and South Humber NHS Foundation Trust
St Nicholas House, Shelford Street, Scunthorpe
North Lincolnshire DN15 6NU
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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.

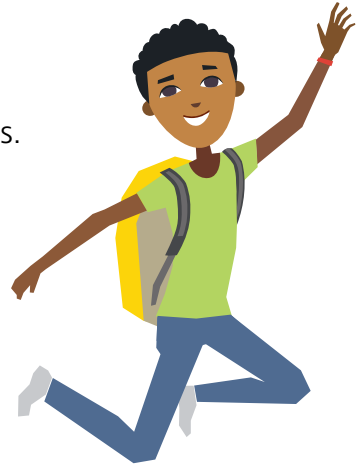
You fidget and find it hard to sit still even when you are told to.

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.

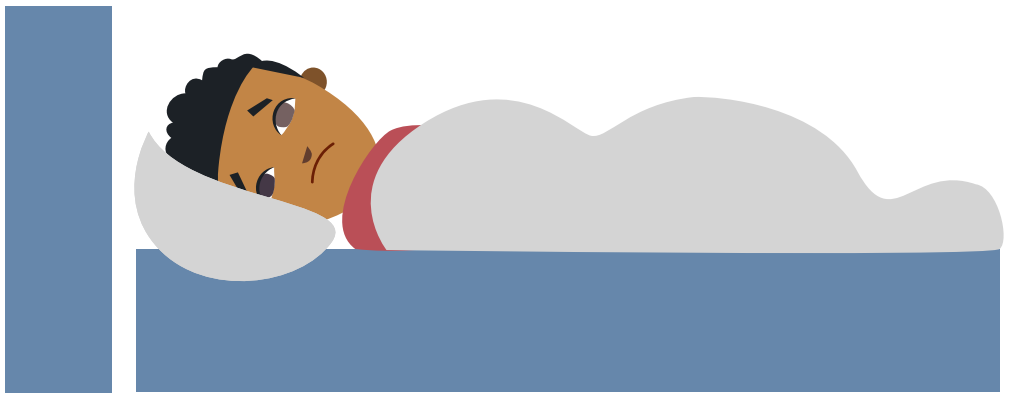
You find it hard to be organised.

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.

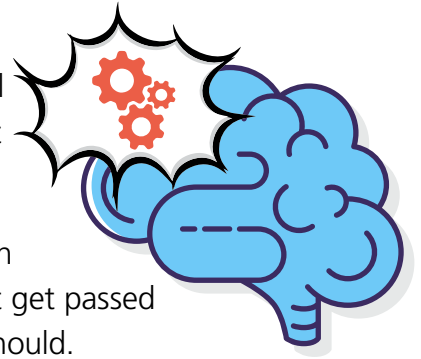
You may have been made to feel different or bullied because you have ADHD.

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

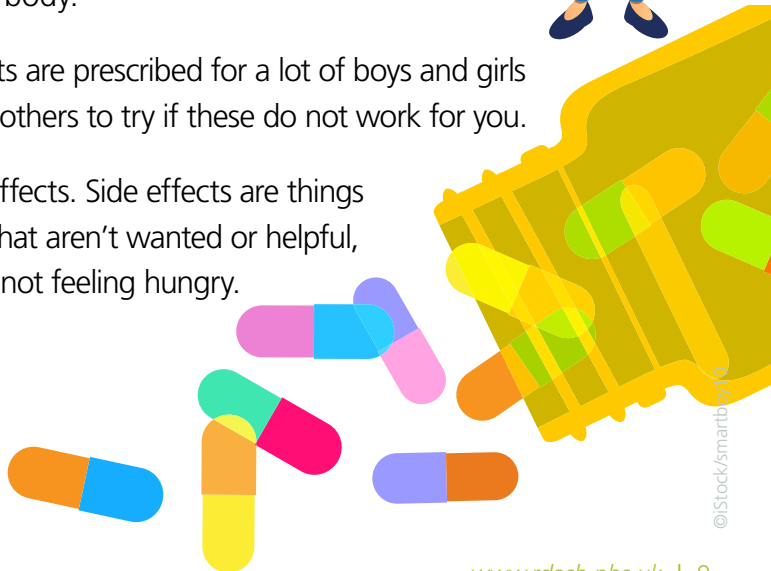
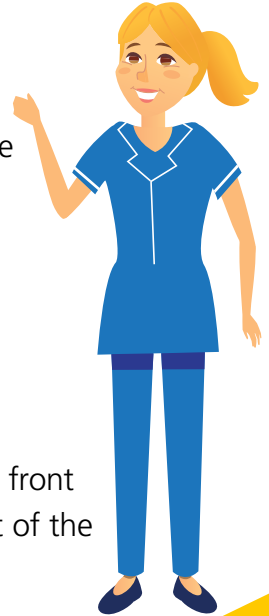
Taking tablets can help to control the difficulties you are having.

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?



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