

# INFORMATION FOR CAREGIVERS

## ATTENTION DEFICIT HYPERACTIVITY DISORDER



### WHAT IS ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder with defining symptoms being hyperactivity, impulsivity and/or trouble controlling one's attention. ADHD symptoms can appear throughout a child's preschool years and can continue into adulthood. Several symptoms (inattentiveness, hyperactivity, impulsivity, etc.) must be present before the age of 12 to meet criteria for a diagnosis. While children may display behaviors that are consistent with ADHD, it's important to recognize that similar behaviors can also result from other underlying factors such as chronic stress, trauma, or attachment-related challenges. To provide the most appropriate support, an evaluation is recommended.

### NEXT STEPS FOR CAREGIVERS

- Ask your PCP about parent coaching/consultation with a clinician to learn skills to support your child
- Help your child develop a coping skills list, or box. Support your child in accessing this when they are experiencing big emotions.
- Look into the following ADHD terms: time blindness, rejection sensitivity, regulation, sensory stimulation, hyper-fixation
- Support your child in breaking down tasks into smaller, manageable steps
- Create a morning/evening routine that is displayed visually in your home
- Take time to reflect upon how your child's ADHD is unique to them, what are their triggers? What helps them feel safe and calm? What helps them to be successful in challenging moments?

### SIGNS AND SYMPTOMS

- Excessive talking and/or interrupting
- Feeling restless and unable to remain seated, feeling like you are "driven by a motor" or are always "go, go, go"
- Struggling with patience
- Constant fidgeting
- Easily misplacing and losing items
- Forgetting activities or plans that are scheduled
- Trouble with listening and paying attention to details
- Concentrating can be difficult when completing low preference activities
- Racing thoughts/Rumination
- Excessive attention to tasks of interest
- Racing thoughts

### RESOURCES

#### Websites:

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) Non Profit

Child Mind Institute: Caregivers Guide to ADHD

ADDitude Magazine

Essex Pediatrics Webinar on ADHD

#### Parenting Books:

Taking Charge of ADHD by Russell Barkley

12 Principles for Raising a Child with ADHD By Russell A. Barkley

Driven to Distraction Edward M. Hallowell, M.D.

No Drama Discipline by Daniel Siegel

ADHD Parenting Bible by Lina Cole

What Your ADHD Child Wishes You Knew by Dr Sharon Saline

How To Talk So Kids Will Listen, How To Listen So Kids Will Talk by Adele Farber

Please visit [essexpediatrics.com/resources/](https://essexpediatrics.com/resources/) for additional resources, including workbooks and books that we recommend for children and teens.