

# What you & your child need to know about

# ADHD

## Attention Deficit Hyperactivity Disorder

**11 %** of kids 4-17 years have ADHD

### Different Types

**INATTENTIVE TYPE:**  
Forgetful, hard time staying organized, makes careless mistakes, easily distracted

**HYPERACTIVE/IMPULSIVE TYPE:**  
Always "on the go", blurts out answers, cannot play quietly, cannot wait turn

**COMBINED TYPE:**  
all of the above

### Treatment Options

You & your child's doctor will talk about what combination is best for your child & over time

Medication

School Support

Behavior Therapy

Parenting Support



### Tips to Help your Child

Spend quality time with your child without cell phones, computers or TV for at least 10 minutes a day

**Play together**

**Ask about your child's day**

**Read together**

**Go on a walk together**

**Praise your child for making an effort**

"I liked that you put away your toys when I asked. That was helpful!"

"Great job for remembering to put your homework in your book bag. That is being responsible!"



Make eye  contact with your child before talking



Give **1** command at a time



Use picture charts to help your child stay organized or remember steps



Spend time outdoors to let some energy out!



### We Can Help You Too

**Take 1 day at a time & schedule a break for yourself**

**Ask us questions**

**Who is part of your team?**

You, Your Child & Family

Pediatrician

Teacher(s) & Principal

Behavior therapists

Tutors



Sometimes kids with ADHD can have:  
ANXIETY  
LEARNING DISABILITIES  
TICS

**WEBSITES FOR MORE INFORMATION**

[www.chadd.org](http://www.chadd.org)  
[www.understood.org](http://www.understood.org)

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