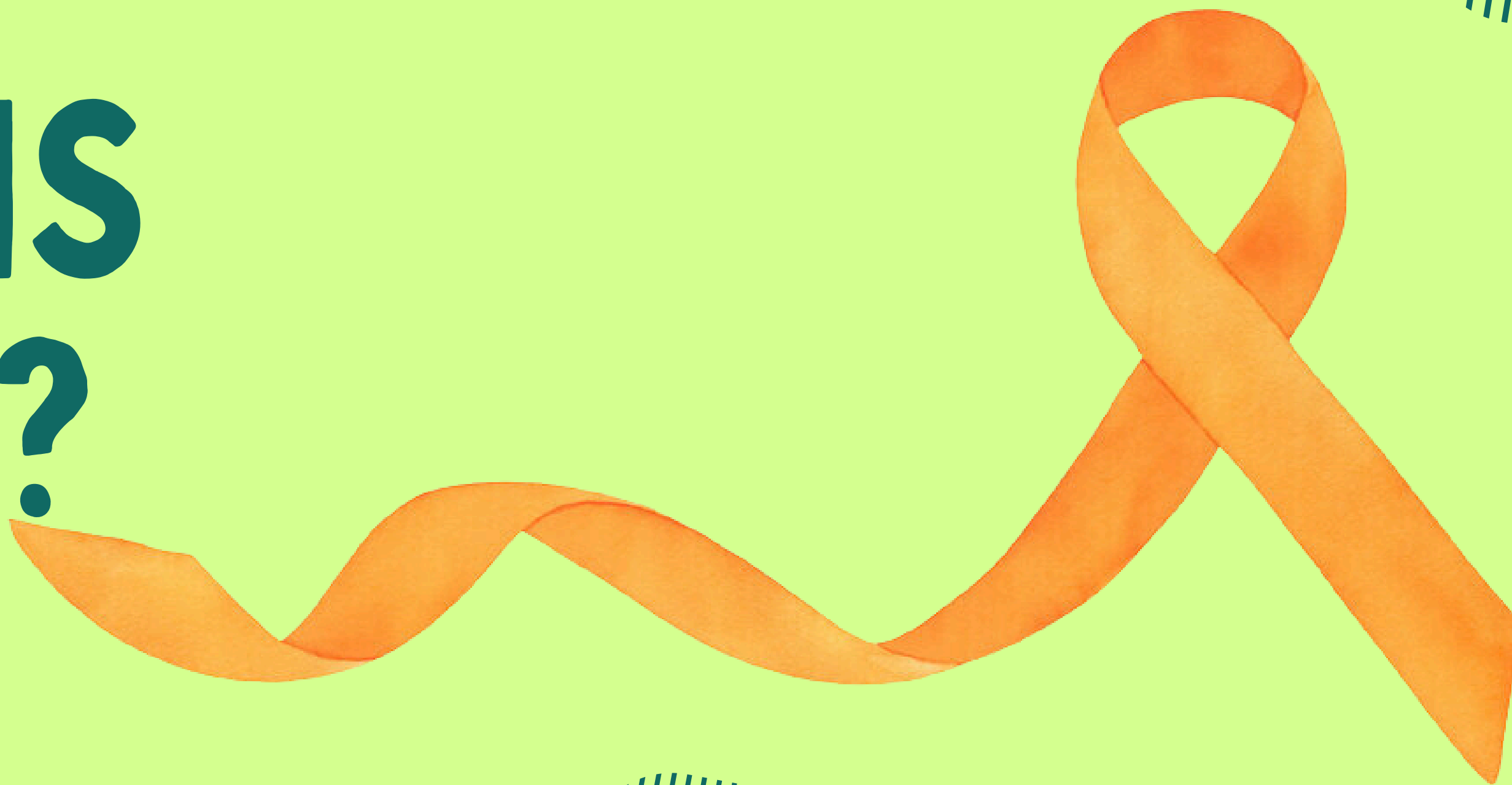


# WHAT IS ADHD?



# DEFINITION

Attention deficit hyperactivity disorder (ADHD) is a condition which impacts people's behavior. People with ADHD may appear restless, may have difficulty concentrating and may act impulsively.



# ADHD IN CHILDREN

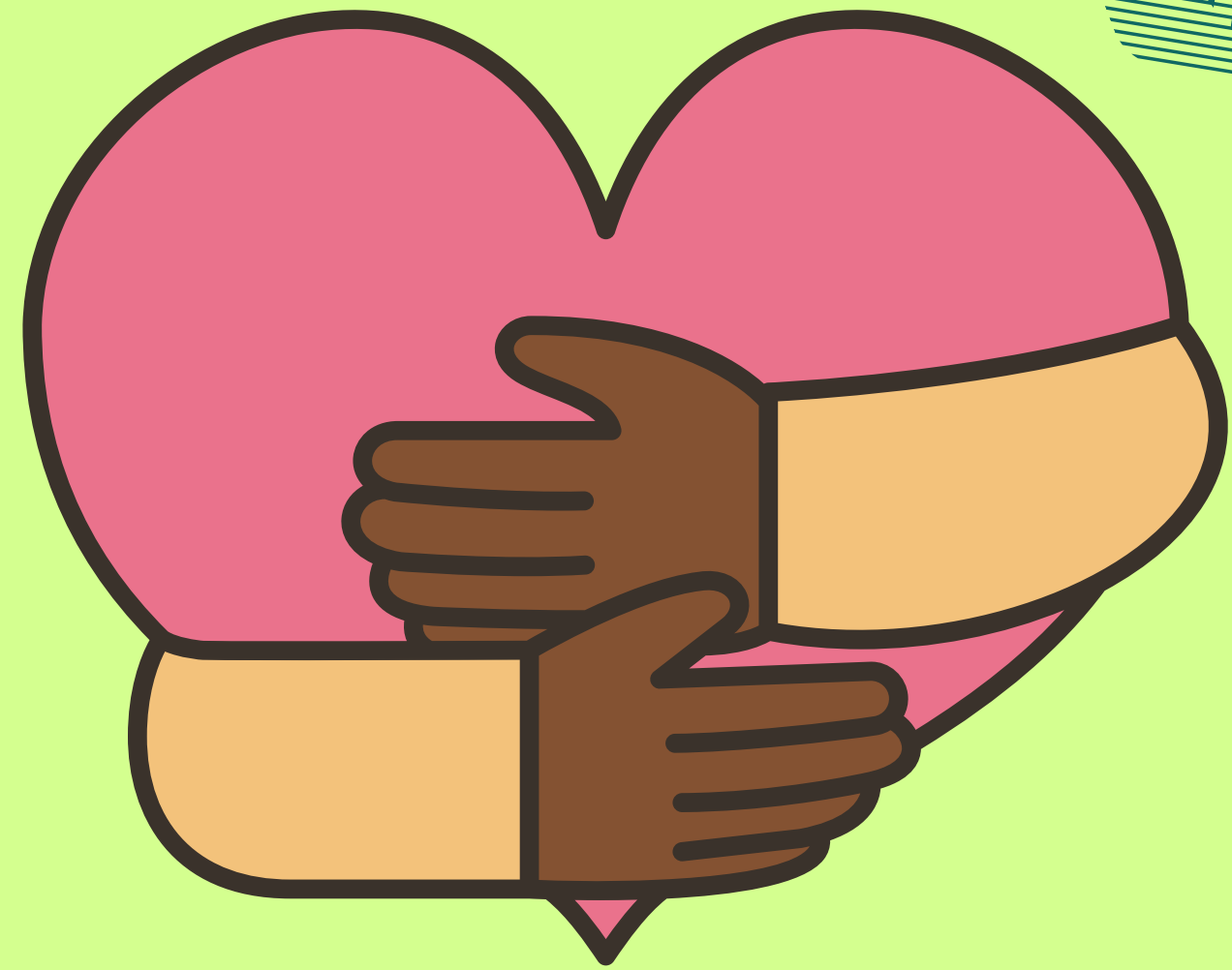


Children with ADHD may find organization, listening, remaining still and remembering things difficult. They may also appear to talk excessively and interrupt conversations.



# SUPPORTING CHILDREN

Children with ADHD respond well to structure e.g. a set bedtime, knowing the plan for the day and being aware of boundaries. Being positive and giving children specific praise can be really helpful. Getting lots of exercise and avoiding foods with additives and caffeine can also help them in managing their ADHD.



# SIGNS & SYMPTOMS

Avoiding challenging tasks

Forgetfulness

Easily distracted

Interrupting conversations

Emotional outbursts

Losing things often

Fidgeting

Making careless mistakes

Excessive talking

Seeming not to listen

Challenges staying organized

Not paying attention in class

Impulsivity

Difficulty awaiting turn

# WAYS TO EMBRACE ADHD

A decorative orange heart shape is drawn with a thick line, and a wavy orange line extends from its base towards the bottom right of the page.

- Recognize that ADHD can come with strengths like creativity, spontaneity, and the ability to think outside the box.
- Find ways to channel your thoughts and feelings through creative outlets like journaling, painting, baking, or dancing.
- There's no shame in asking for help when you need it. You can talk to other people about how you're feeling. Go to a trusted adult, or work with your school counselor, psychologist or social worker.

**THANK YOU  
FOR  
LISTENING**

