



## WHAT IS ADHD?

**ADHD is a common behavioral disorder that affects people at all stages of life** — but is most commonly identified in young children, sometimes even before they begin school. It is estimated that more than four million children in the U.S. are affected.\* Children with ADHD can exhibit a variety of impulsive or distracted behaviors, or a combination of the two. Although all children can be impulsive or excitable at times, those with ADHD exhibit behavior severe enough, and over an extended amount of time, to require intervention.

\*As reported by the Centers for Disease Control and Prevention.



## DIAGNOSIS

Unfortunately, diagnosing ADHD is not a straightforward process. Your child's physician can't administer a simple exam or run a simple blood test. He or she must observe, evaluate and rely on several methods of assessment before making a diagnosis. **These methods may include:**

- ❑ Interviews with your child, you and your spouse and sometimes other siblings
- ❑ Behavior evaluations completed by parents and teachers
- ❑ Psychological tests
- ❑ Review of school and medical records
- ❑ Intelligence testing, educational achievement testing or screening for learning disabilities
- ❑ A standard physical or neurodevelopmental screening
- ❑ Other screenings such as vision and hearing tests or formal speech and language assessments

**There are three types of ADHD:**

### **1. ADHD, inattentive.**

Your child may have difficulty paying attention, spend time daydreaming, forget things easily or appear not to listen and may make careless mistakes.

### **2. ADHD, hyperactive/impulsive.**

Your child may be fidgety, overexcited, have difficulty sitting still for any period of time and may be extremely talkative and interruptive.

### **3. ADHD, combined.**

Your child exhibits symptoms from both types of ADHD.

Now that your child has been diagnosed with ADHD, you're going to have a lot of questions. Fortunately, there are many things you can do as a parent to help your child at home and at school.