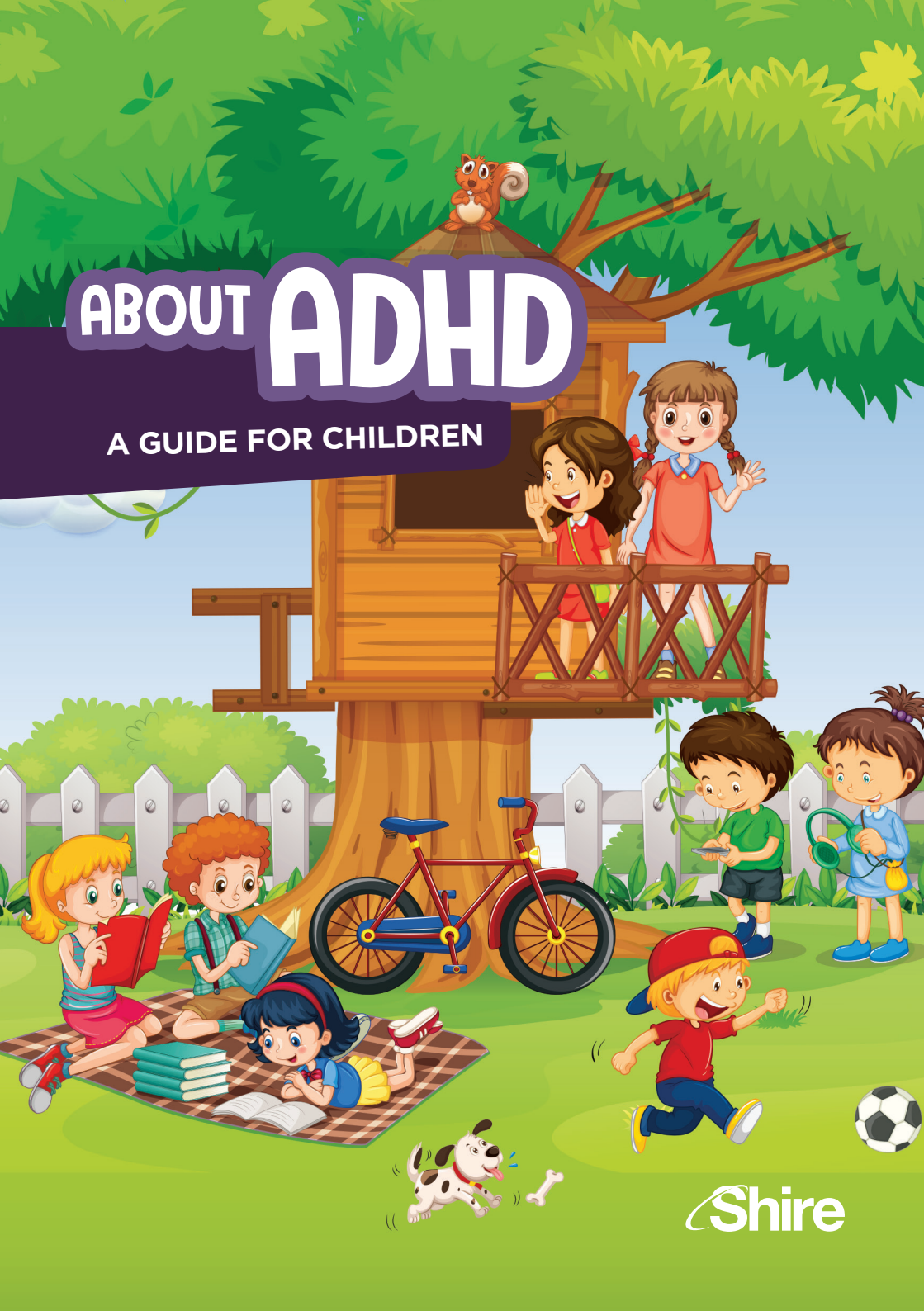


ABOUT ADHD

A GUIDE FOR CHILDREN



Shire

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If you have just been diagnosed with ADHD, or the diagnosis was made a while ago, you may have some questions.

This booklet has been developed to help answer any questions you may have about ADHD. It contains information that may help you and your parents understand ADHD and its management. However, it cannot take the place of talking to your doctor. If you have any questions about ADHD and its management, make sure you talk to your doctor.



ADHD¹

WHAT IS ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. That's a lot of words, isn't it? But what do they mean for you?

If you have ADHD, you might have noticed that you:

- ✓ Don't always pay attention
- ✓ Find it hard to keep organised
- ✓ Have trouble focusing and keep getting distracted
- ✓ Cannot keep still as easily as other kids
- ✓ Find it hard to wait your turn
- ✓ Talk over others a lot



WHAT ADHD IS

NOT²⁻⁶

X ADHD IS NOT BEING BAD

In fact, it has been shown that the brains of kids with ADHD have parts that don't work together the way other kids' do.

X ADHD IS NOT THE SAME AS A LEARNING PROBLEM

ADHD may affect you at school. However, ADHD is not the same as a learning problem. If you have ADHD, you are just as smart as other kids.



DID YOU KNOW

THAT YOU CAN BE GOOD AT DIFFERENT THINGS?^{7,8}

Do you have lots of energy?

You might like doing activities that involve running, jumping or playing sports?

Do you feel really creative or artistic?

You might have some great project ideas, or like to paint or draw?

Do you like making other people laugh?

You might enjoy sharing stories that make people happy?

Do you like helping people out?

You might like being a kind and caring person, and thinking about other people's feelings?



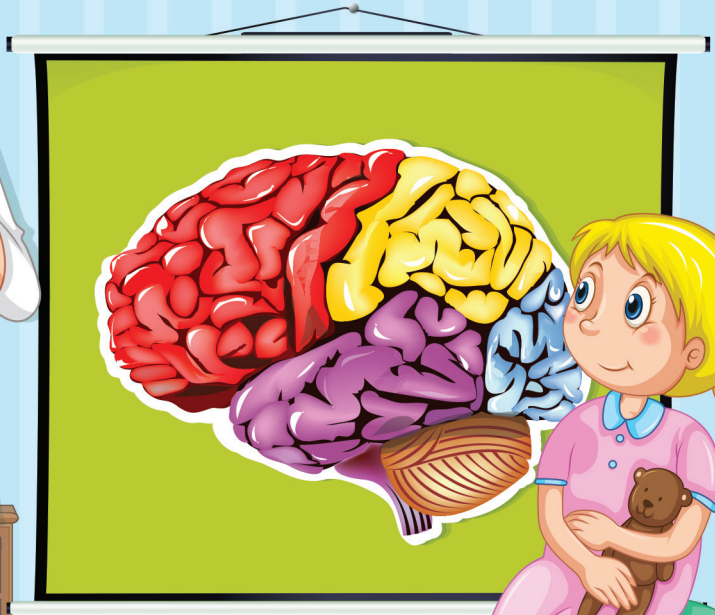
WHAT CAUSES

ADHD?

3, 4, 9-12

ADHD may be caused by changes in the way parts of the brain work with each other. This may affect how you think and act.

You are more likely to have ADHD if a parent, brother or sister has it. But that doesn't mean you will definitely have it.



Everyone with ADHD is different. Here is a list of things that you might have trouble with because you find it hard to pay attention and/or sit still.

THINGS I OFTEN DON'T DO BECAUSE I HAVE TROUBLE PAYING ATTENTION

- Don't notice details, or make mistakes on schoolwork even when I know how to do it the right way
- Find it hard to keep paying attention to what I'm doing
- Don't listen when people talk to me
- Don't do what I'm told, and don't finish schoolwork or other jobs
- Have trouble getting organised
- Don't like doing things that mean I have to concentrate for a long time, like homework
- Lose things like school items or books
- Am easily distracted by all the things going on around me
- Forget things

THINGS I OFTEN DO OR DON'T DO BECAUSE IT IS HARD TO STAY STILL

- Fidget or tap my hands or feet, or squirm in my seat
- Leave my seat when I should be sitting
- Run around or climb when I shouldn't
- Find it hard to stay quiet when I'm playing or reading
- Am on the go, as if I have a motor running inside me
- Talk a lot
- Blur out an answer before someone has finished asking the question
- Find it hard to wait my turn
- Interrupt or bother other people



Activity

Read this list and tick the boxes that you think describe you.

HOW DO I KNOW IF I HAVE

ADHD?¹

YOUR DOCTOR TALKED TO YOU AND YOUR PARENTS TO FIND OUT IF YOU DO HAVE ADHD. WHAT YOUR DOCTOR WANTED TO KNOW WAS:

1. Which signs you have
2. How long you have had them
3. How often you have them
4. How much they bother you
5. If your answers could point to anything other than ADHD



MANAGING YOUR

ADHD^{13,14}

THERE MAY BE A FEW
PEOPLE AROUND YOU
WHO CAN HELP.



WHO CAN HELP
ME WITH MY
ADHD?

Your parents



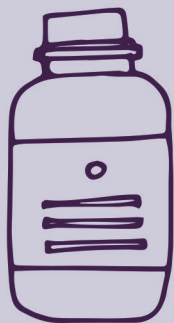
Your doctor



Your teacher

WILL I NEED TO TAKE

MEDICINE? ^{2,13}



Not everyone with ADHD needs medicine. Medicine may help you manage your ADHD. It is not a cure, but might make it easier for you to pay attention and be less active when you need to be.

It may take several visits for your doctor to decide which medicine and how much of it works best for you.

Talk with your parents and your doctor if you have any questions about medicine.

If your doctor gives you medicine, it is important that you take it as instructed by your doctor. Do not give your medicine to anyone else.



ARE THERE OTHER



OPTIONS

BESIDES
MEDICINE?^{13,14}

Whether you take medicine or not, there are other things you can do to help with your ADHD. You may do all of them or just some of them. Your doctor and parents will help you decide what works best for you.

GOOD BEHAVIOUR

You can get help to stop any behaviour that may cause problems, and learn new and better ways to behave. For example, you might learn how to tidy your things and how to follow the rules in your classroom. Your doctor, parents and teacher can all help.

LEARNING HOW TO DEAL WITH DIFFERENT SITUATIONS

A doctor and teacher can help you learn how to:

- Get along better with your family, friends and teachers
- Reach a goal
- Solve problems
- Get organised
- Follow directions
- Finish your homework
- Finish tasks at school



WHAT SHOULD I TELL MY TEACHER?^{8,14,15}

You and your parents should decide whether or not you want to tell your teacher about your ADHD. If you decide this is okay, you can tell your teacher about things that you have trouble with in class. Then you, your teacher and your parents can make a plan to help you do better.

HOW CAN I DO BETTER AT SCHOOL?^{1,15,16}

You may have trouble focusing on what you are doing, and this can be even harder at school because there is so much noise and activity all around you. If it is a problem for you, tell your parents or teacher. Your teacher might be able to make some changes that help, like giving you a quiet place to study and take tests.



WHAT MIGHT HELP ME AT

SCHOOL?¹⁴

- If you and your parents have decided to talk to your teacher about your ADHD, you can work with your teacher on how to listen better. For example, you could ask to sit close to your teacher so you can hear everything more easily.
- Ask your parents to help you when doing your homework. For example, split your homework into small parts and ask your parents to look over each part when you've finished it.
- Also, ask your teacher and parents to tell you when you do things correctly. Discuss with them the best ways of telling you that you have done a good job.
- Ask your teacher, mum, dad or doctor to show you how to take notes and write important things down, how to organise your school items and how to study for tests. Work with your teacher and mum or dad to keep track of how you are going.



WHAT IF I HAVE

QUESTIONS

ABOUT MY ADHD?

- Your family and doctor are there to help you manage your ADHD. It's up to you whether or not you want to tell anyone, and who you would like to tell.
- You should ask your doctor and parents for help if you have any questions.
- Using the activity sheet on the opposite page, write down how you feel about your ADHD, and discuss your feelings with your doctor at your next appointment.



Activity

How I feel
about my ADHD.

USE THIS PAGE TO WRITE
DOWN HOW YOU FEEL ABOUT
YOUR ADHD.



WHAT CAN I DO

RIGHT NOW?

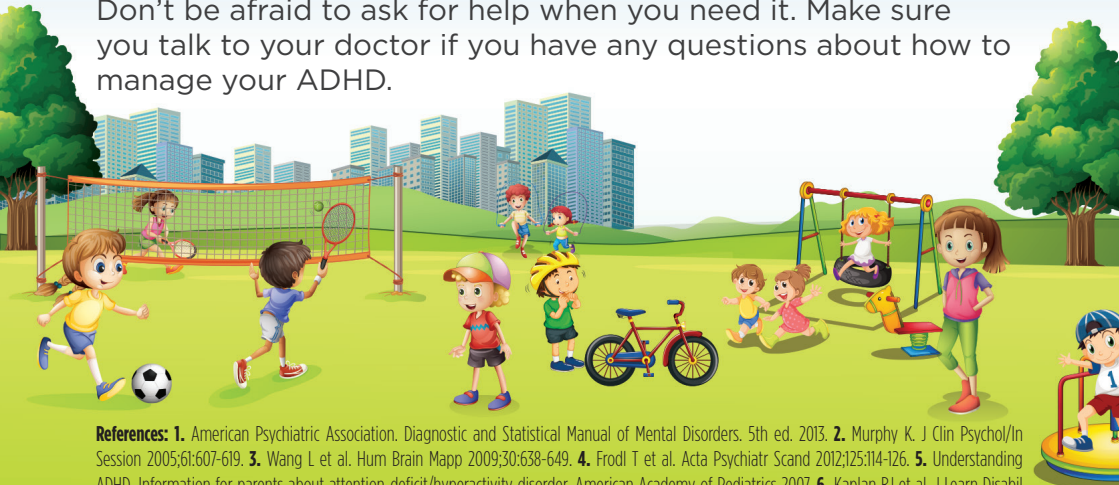
Here are a couple of things you can do now that may help you deal with your ADHD.

MAKE A DAILY PLAN

Ask your family to help you make a list of important things to do and keep it with you all the time.

TELL SOMEONE WHEN YOU ARE HAVING PROBLEMS

Don't be afraid to ask for help when you need it. Make sure you talk to your doctor if you have any questions about how to manage your ADHD.



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