

It is not unusual for children to have ADHD, which can last through one's adult life. Clues that a child has ADHD include acting impulsively, problems with paying attention, and in some cases, being very overactive. This can be normal in children but there are times it is a concern.

Impulsive Decisions

Most children can make poor decisions and take risks that may harm them. As they age, if this does not get better at all, this may be a sign of ADHD. There may be problems at school, home, or with friends from this.

Lack of Focus

If children forget or lose things, daydream or need things repeated over and over, this may be a sign of ADHD. This can affect school work and ability to do tasks.

Over Activity

Some children squirm or fidget or may talk too much. They may grow very restless or upset when they are told to sit still and become upset.

Types of ADHD

There are three basic types of ADHD which is based upon which of the above area is most common in the child.

Predominantly Inattentive

As noted above, this is when a child cannot focus.

Predominantly Hyperactive Impulsive

A child has this if basically he or she cannot sit still, cannot listen to directions, is prone to accidents or is restless.

Combined

When both of the types are present in equal amounts they have this type.

Causes of ADHD

Usually ADHD runs in the family, but more studies are being done to see if there are other causes. There is no strong evidence that sugar, poverty, family drama, or watching television cause ADHD. Some families may see their child does better with changing their diet or activities even though research does not support this.

Diagnosis

There is not one simple test for ADHD. Other things like anxiety, depression, learning disabilities or stress can mimic ADHD. The first thing that should be done is a medical exam, hearing test, and vision test. There are symptom sheets that families, teachers, and even the child can use to write down what they see or feel is happening.

Treatment

Behavioral therapy and medicine is usually what helps ADHD. When children are 4-5 years old medicine is not tried unless therapy does not work. Every child is different and what works at first might need to be changed as time goes on.

Keeping Health with ADHD

Exercise (60 minutes a day), eating well and getting good rest are good ways for children with ADHD to stay healthy. Fruits, vegetables, whole grains, beans, peas, lentils, and nuts and seeds are all good choices. Limiting TV, computer, and phone time may help.

Get Help!

If you or your health provider feel your child may have ADHD, there are child specialists and psychologists to help screen for this. You can fill out a symptoms sheet to take with you which will help them decide if this is what is going on. Here is the link to the sheet you can fill out.

<https://www.cdc.gov/ncbddd/adhd/checklist.html>