

## NATIONAL ADD/ADHD RESOURCES:

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## Diagnosis

Comprehensive medical and psychological evaluations should be conducted to rule out other potential causes of ADHD symptoms. Evaluations can include intelligence and achievement testing in conjunction with teacher, parent and/or self reports.

## SOME COPING STRATEGIES FOR ADHD:

- \*When necessary ask for an instructions to be repeated and expanded upon. Do not guess
- \*Break large tasks into smaller, more manageable ones
- \*Make and use lists to stay organized
- \*Keep a notebook and write everything down
- \*Work in a quiet environment, free of distractions
- \*Store similar things together
- \*Create a routine

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## Attention - Deficit Hyperactivity Disorder

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## Attention-Deficit Hyperactivity Disorder

ADHD is a neurological disorder for which there is no cure. It is not a learning disability. It can, however, be managed through medication and environmental accommodations. Children who face the challenges of ADHD symptoms without adequate treatment may be at increased risk for developing a mood disorder at some point in their life. Further, untreated ADHD can lead to low self-esteem, problematic relationships and school failure.

### SIGNS OF INATTENTION

- \*easily distracted by irrelevant sights and sounds
- \*difficulty in paying attention to details and making careless mistakes.
- \*losing and/or forgetting things

### SIGNS OF HYPERACTIVITY

- \*fidgeting , squirming, or restlessness
- \*difficulty remaining seated and impatience when waiting
- \*answering without listening to the whole question

### WHAT CAUSES ADD/ADHD?

ADHD has biological origins, but the exact cause is yet unknown. Research has focused on genetic and environmental factors as influences in the development of this disorder. To date, researchers know that some children may be more genetically prone to developing ADHD than other children and that the highest risk is in those children with a family member who also has the disorder. Prenatal smoking and substance abuse may also be significant contributing factors.

Impulsive behavior and hyperactivity can also be noted in children who are exposed to significant family or personal stress. It is important to consider assessment options for children who display such behaviors to prevent a misdiagnosis of ADHD.



### Who does ADHD effect?

ADHD is the most commonly diagnosed disorder in childhood. Studies indicate that 3 to 5 percent of school-age children or about one child in every classroom in the United States is affected by ADHD. Boys are three times more likely than girls to develop ADHD symptoms.

For many individuals, the impact of ADHD continues into adulthood and when combined with other disorders can lead to an increased likelihood to substance abuse and antisocial behaviors.

### The WORD and ADHD

Romans 5:3-5 Not only so, but we also rejoice in our suffering ,because we know that suffering produces perseverance; perseverance, character: and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Hebrews 2:10 In bringing many sons to glory, it was fitting that God, for whom everything exists, should make the author of their salvation perfect through suffering.

As with all things that present a challenge in the life of the Christian, dealing effectively with ADHD requires reliance upon God and a sense of trusting in His ultimate plan. We know from Scripture that "We rejoice in the hope of the glory of God. Not only so, but we also rejoice in our suffering, because we know that suffering produces perseverance; perseverance character; and character hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us." Romans 5: 2-5