

# ADHD

Attention Deficit and Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that affects about 1 in 10 children. Children with ADHD are at increased risk of having problems learning in school. They may struggle to make friends and can be difficult to discipline. Common characteristics include:

- Trouble paying attention
- Daydreaming
- Poor organization skills
- Talking too much
- Impulsive behaviors (may act without thinking)
- Making careless mistakes
- Hyperactivity

ADHD is diagnosed by gathering information from the child, parents, and teacher. Symptoms of ADHD occur at home and school, although the child may behave differently in each setting. There may be a family history of ADHD. Other medical and educational factors will be considered including, but not limited to, hearing, vision, learning problems, and overall health.

ADHD is not about bad parenting or a child just being naughty. ADHD is caused by a difference in the brain chemistry, making it difficult to focus, sit still, and control impulses. Many children with ADHD are also fun, creative, and bright. Children with ADHD may prefer hands-on learning and are often visual learners. Building on a child's strengths is an important part of a treatment plan.

If you are concerned your child may have ADHD, please contact your primary care provider for further evaluation. For more information about ADHD: [www.cdc.gov/NCBDDD/adhd/facts.htm](http://www.cdc.gov/NCBDDD/adhd/facts.htm)

Although ADHD can't be cured, it can be successfully managed and some symptoms may improve as the child ages. Treatment of ADHD may include:

- Counseling
- Increased physical activity
- Praise and rewards
- Medication
- Structure and routine
- Reducing distractions



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