



Attention Deficit Disorder or ADHD

The following information, on this page, has been taken from:

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/diagnosis/>

If you think you or your child may have ADHD, you might want to consider speaking to your GP about it.

If you're worried about your child, it may help to speak to their teachers, before seeing your GP, to find out if they have any concerns about your child's behaviour.

Your GP cannot formally diagnose ADHD, but they can discuss your concerns with you and refer you for a specialist assessment, if necessary.

When you see your GP, they may ask you:

- about the symptoms of your child
- when these symptoms started
- where the symptoms occur – for example, at home or in school
- whether the symptoms affect your child's day-to-day life – for example, if they make socialising difficult
- if there have been any recent significant events in your or your child's life, such as a death or divorce in the family
- if there's a family history of ADHD
- about any other problems or symptoms of different health conditions you or your child may have

Next steps:

If your GP thinks your child may have ADHD, they may first suggest a period of "watchful waiting" – lasting around 10 weeks – to see if your child's symptoms improve, stay the same or get worse.

They may also suggest starting a group-based, ADHD-focused parent training or education programme. Being offered a parent training and education programme does not mean you have been a bad parent – it aims to teach you ways of helping yourself and your child.



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If your child's behaviour does not improve, and both you and your GP believe it's affecting their day-to-day life, your GP should refer you and your child to a specialist for a [formal assessment](#).

A website which explains ADHD in simple terms is:

<https://www.healthychildren.org/English/healthissues/conditions/adhd/Pages/Understanding-ADHD.aspx>

**ADHD includes 3 groups of behavior symptoms:
inattention, hyperactivity, and impulsivity.**

Symptoms of ADHD	
Behavior symptom:	How a child with this symptom may behave:
Inattention	<ul style="list-style-type: none">• Often has a hard time paying attention, daydreams• Often does not seem to listen• Is easily distracted from work or play• Often does not seem to care about details, makes careless mistakes• Frequently does not follow through on instructions or finish tasks• Is disorganized• Frequently loses a lot of important things• Often forgets things• Frequently avoids doing things that require ongoing mental effort
Hyperactivity	<ul style="list-style-type: none">• Is in constant motion, as if "driven by a motor"• Cannot stay seated• Frequently squirms and fidgets• Talks too much• Often runs, jumps, and climbs when this is not permitted• Cannot play quietly
Impulsivity	<ul style="list-style-type: none">• Frequently acts and speaks without thinking• May run into the street without looking for traffic first• Frequently has trouble taking turns• Cannot wait for things• Often calls out answers before the question is complete• Frequently interrupts others



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The period of 'watchful waiting' mentioned on the NHS site is very important and during this period, you may find it useful to keep a diary of your observations.

If your child has ADHD or even if you strongly suspect this is the case, there are a number of useful websites which will give an insight and tips on strategies to manage behaviours; they may be particularly useful during this lock down period.

If you suspect your child has ADHD, why not try these suggested strategies and make a note of their impact in your diary, this will help give a complete picture of what your child may be experiencing and can be shared with any medical professionals at future meetings.

Useful websites:

<https://www.adhdfoundation.org.uk/information/parents/>

This site offers some good resources and fact-sheets to help parents/carers.

<https://www.helpguide.org/articles/add-adhd/when-your-child-has-attention-deficit-disorder-adhd.htm>

This website offers some tips on how to help someone with ADHD.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-adhd/>

This site has guides / factsheets and additional links to support for you.

<https://www.youtube.com/embed/cx13a2-unjE>

This short clip gives an insight of what it is like to have ADHD