



ADHD Fact Sheet

ADHD is...

- ✓ An abbreviation for attention-deficit hyperactivity disorder. It's also the official name for what is sometimes referred to as attention-deficit disorder (ADD).
- ✓ A common disorder that can impact focus, impulse control and emotional responses.
- ✓ Often diagnosed in childhood but sometimes not until the teen years or later.

ADHD is *not*...

- ✗ All about hyperactivity. Kids with the inattentive type of ADHD may appear "daydreamy" or off in their own world.
- ✗ A problem of laziness. ADHD is caused by differences in brain anatomy and wiring.
- ✗ Something most kids totally outgrow. Many kids diagnosed with ADHD have symptoms that persist into adulthood.



Ways to help kids with ADHD



Behavior therapy can help kids get organized and replace negative behaviors with positive ones.



ADHD medication can reduce ADHD symptoms, but only when the medication is active in the body.



Classroom accommodations, like taking movement breaks and getting extended time on tests, can help with things like staying seated and finishing tasks.

Understood

For more information on ADHD and how to help, go to [u.org/adhd](https://www.understood.org/adhd)