



# Do You Have ADHD?

by NEWLIFEOUTLOOK TEAM

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## **Recognizing ADHD Symptoms in Children and Adults**

Although ADHD is most common in male children, ADHD affects boys and girls, children and adults. How ADHD presents itself across these different groups of people varies, but there are three main categories of symptoms: hyperactivity, inattention and impulsivity.

If you or your child has ADHD, there are many things you can do in addition to the medications and therapies recommended by your doctor to help make life easier.

Read on to learn about common symptoms of ADHD and what you can do to lessen their impact on your life.



ADHD is one of the most common childhood disorders.

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 In the United States nearly  
**6 MILLION CHILDREN**  
 aged 17 and below have been diagnosed with  
**ADHD**  
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THE MAIN SYMPTOMS IN  
**CHILDREN**

**HYPERACTIVITY**  
 The child may have trouble doing quiet activities and fidget, talk constantly, trouble from getting to places and avoid touch and play with energetic.

**INATTENTION**  
 The child may be easily distracted, forgetful, lose activity (toys and other objects), and avoid or dislike school or other activities.

**IMPULSIVITY**  
 The child may interrupt and have trouble waiting for his or her turn, often interrupt others, impulsive comments and actions act without thinking, and make no attempt to control emotions.

ADHD children may be primarily hyperactive, primarily inattentive, or combined hyperactive-inattentive. Most children have combined ADHD.\*

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**13.5%**  
 of boys aged 3 to 17 are diagnosed with  
**ADHD**  
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**5.4%**  
 of girls aged 3 to 17 are diagnosed with  
**ADHD**  
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But ADHD doesn't just affect children.

It is now thought that up to  
**60%**  
 of children with ADHD continue to have symptoms into  
**ADULTHOOD**

In most people the hyperactivity and impulsivity fade away with age but inattentive and executive dysfunction symptoms tend to carry over into adulthood.

**AT WORK**  
 \*\*\*\*\*  
**WITH THE LAW**  
 \*\*\*\*\*  
**IN RELATIONSHIPS**  
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**LIFESTYLE CHANGES**

If you or your child have ADHD there are things you can do in addition to the medication and therapeutic recommendations by your doctor to make everyday life easier.

<p><b>FOR CHILDREN</b></p> <p><b>DIET</b>        Make sure your child is eating healthy diet with only one treat a day and a limited amount of sugar.</p> <p><b>SCHEDULE</b>        Keep a schedule for all tasks, medication and bedtime every day.</p> <p><b>PLAN</b>        Try to avoid situations that will be difficult for your child such as when the teacher calls roll and usually for a long time or situations where outbursts may be overwhelming.</p> <p><b>INSTRUCT</b>        Give your child specific, clear instructions in a firm, calm voice and make sure you are consistent with what you want done.</p> <p><b>RECHARGE</b>        Take a break every hour and then recharging with your child. If you burn out, you won't be able to give your child the care and attention he or she needs.</p>	<p><b>FOR ADULTS</b></p> <p><b>NUTRITION</b>        Eat a balanced diet with your share of fruits and vegetables and limit your sugar and caffeine intake.</p> <p><b>RELAXATION</b>        Take up yoga or meditation, which can help to reduce stress and increase focus.</p> <p><b>ORGANIZE</b>        Keep a calendar with all appointments and meetings you need to go to, and color code them.</p> <p><b>REMIND</b>        Make lists of what you need to do each day, and have a reminder system for yourself.</p> <p><b>ROUTINE</b>        Follow a consistent routine.</p> <p>October is ADHD Awareness Month. Share it with your friends and family and help spread the word that ADHD is a real, medical disorder that affects children and adults alike.</p>
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 http://adhd.newlifeoutlook.com

NOTICE: If you think you or your child may have ADHD, talk to your doctor.

DISCLAIMERS

1. Medication should be used as directed.  
 2. Medication should be used as directed.  
 3. Medication should be used as directed.  
 4. Medication should be used as directed.  
 5. Medication should be used as directed.  
 6. Medication should be used as directed.