

Do You Have ADHD?

by NEWLIFEOUTLOOK TEAM

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.

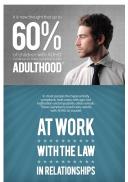


ADHD children may be primarily hyperactive, primarily inattentive, or combined hyperactive-inattentive.

Most children have combined ADHD.



But ADHD doesn't just affect children



LIFESTYLE CHANGES

If you or your child have ADHD there are things you can do in addition to t

FOR CHILDREN

DIET

Make sure your child is eating a healthy cliet, with lots of fresh fruits and vegetables and a limited amount of sugar

















