



# 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 three to seventeen  
have been diagnosed with  
**ADHD**  
\*\*\*\*\*

THE MAIN SYMPTOMS IN  
**CHILDREN**

**HYPERACTIVITY**  
The child may have trouble doing quiet activities and may talk, squirm and fidget, be constantly on the go, leave his or her seat, run or climb in places and speak or touch and play with everything.

**INATTENTION**  
The child may be easily distracted, forgetful, have difficulty listening and following instructions, often daydream and lose his or her belongings.

**IMPULSIVITY**  
The child may be impulsive and have trouble waiting for anything, often blurt out answers, interrupt others, make inappropriate comments and 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.<sup>1</sup>

\*\*\*\*\*  
**13.5%**  
of teenagers are  
diagnosed with  
**ADHD**  
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\*\*\*\*\*  
**5.4%**  
of girls aged 3 to 17  
are diagnosed with  
**ADHD**  
\*\*\*\*\*

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**<sup>2</sup>

In most people the hyperactive, impulsive behaviors fade away with age but inattentive and executive function deficits, these symptoms last many adults with ADHD to trouble.

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

## LIFESTYLE CHANGES

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

### FOR CHILDREN<sup>3</sup>

**DIET**  
Make sure your child is eating healthy, diet with lots of fruits and vegetables, and limit your child's intake of a limited amount of sugar.

**SCHEDULE**  
Keep a schedule for all tasks, meals and bedtime and try to stick to these changes to the schedule.

**PLAN**  
Try to avoid situations that will be difficult for your child, such as when he is making driving plans and getting lost in long lines or situations where outbursts may be overwhelming.

**INSTRUCT**  
Give your child specific, clear instructions one at a time while making eye contact, and when possible demonstrate what you want done.

**RECHARGE**  
Take a break every now and then. Spending time with ADHD children and if you burn out you won't be able to give your child the care and attention he or she needs.

### FOR ADULTS<sup>4</sup>

**NUTRITION**  
Eat a balanced diet with plenty of fruits and vegetables and limit your sugar and caffeine intake.

**RELAXATION**  
Take up yoga or meditation, which can help you to reduce stress and the tension.

**ORGANIZE**  
Keep a calendar with all appointments and meetings you need to get to, and enter it all often.

**REMIND**  
Make lists for what you need to achieve each day, and have a reminder notes for yourself.

**ROUTINE**  
Follow a consistent routine.

October is ADHD Awareness Month. Share this with your friends and family and help spread the word that ADHD is a real, medical disorder that affects children and adults alike.

newlifeoutlook  
http://adhd.newlifeoutlook.com

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

#### RESOURCES

1. www.cdc.gov/adhd
2. www.cdc.gov/adhd
3. www.cdc.gov/adhd
4. www.cdc.gov/adhd
5. www.cdc.gov/adhd
6. www.cdc.gov/adhd
7. www.cdc.gov/adhd
8. www.cdc.gov/adhd
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10. www.cdc.gov/adhd

