



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.

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.¹

13.5%
of teenagers are
diagnosed with
ADHD

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
ADULTHOOD²

In most people the hyperactive and inattentive behaviors fade away with age but the impulsivity and lack of planning remain. These symptoms lead 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 ³	FOR ADULTS ⁴
DIET Make sure your child is eating healthy, diet with lots of fruits and vegetables, and a limited amount of sugar.	NUTRITION Eat a balanced diet with plenty of fruits and vegetables and limit your sugar and caffeine intake.
SCHEDULE Keep a schedule for all tasks, meals and bedtime and try to stick to it. Changes to the schedule.	RELAXATION Take up yoga or meditation, which can help you to reduce stress and the tension.
PLAN Try to avoid situations that will be difficult for your child, such as when he has to make dining out and getting lost in a long line or situations where surroundings may be overwhelming.	ORGANIZE Keep a calendar with all appointments and meetings you need to get to, and enter it often.
INSTRUCT Give your child specific, clear instructions one at a time while making eye contact, and when possible demonstrate what you want done.	REMIND Make lists for what you need to achieve each day, and leave reminder notes for yourself.
RECHARGE Take a break every now and then. Spending time with ADHD friends and family can help you burn out. You won't be able to plan your child's life and attend to his or her needs.	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.

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http://adhd.newlifeoutlook.com

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

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