



Do You Have ADHD?

by NEWLIFEOUTLOOK TEAM

Recognizing ADHD Symptoms in Children and Adults

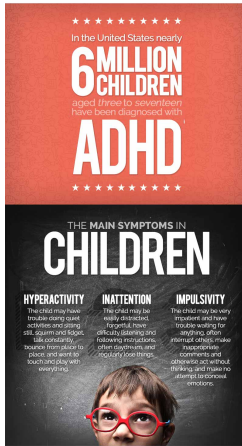
Although ADHD is most common in male children, ADHD affects boys and girls, children and adults. How ADHD presents itself across these different groups of people varies, but there are three main categories of symptoms: hyperactivity, inattention and impulsivity.

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.

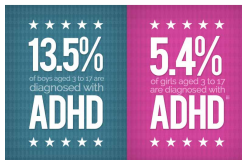
Read on to learn about common symptoms of ADHD and what you can do to lessen their impact on your life.



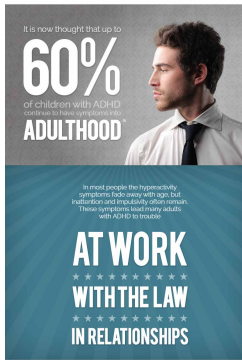
ADHD is one of the most common childhood disorders.



ADHD children may be primarily **hyperactive**, primarily **inattentive**, or combined **hyperactive-inattentive**. Most children have combined ADHD.¹



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 the medications and therapies recommended by your doctor to make everyday life easier.

FOR CHILDREN¹

DIET

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

SCHEDULE

Keep a schedule for all tasks, meals and bedtime and try to stick to it. Changes to the schedule.

PLAN

Try to avoid situations that will be difficult for your child, such as when they have to make long trips and spend time in long lines or situations where outbursts may be overwhelming.

INSTRUCT

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

RECHARGE

Take a break every now and then. Spending time with ADHD friends and family can help you learn out you won't be able to give your child the care and attention he or she needs.

FOR ADULTS²

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 increase focus.

ORGANIZE

Keep a calendar with all appointments and meetings you need to go to, and make sure you have a list of them.

REMIND

Make lists for what you need to do each day, and have a reminder system 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.

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http://adhd.newlifeoutlook.com

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

DISCOUNTS

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