Do You Have ADHD?

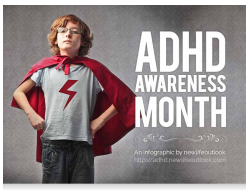
by NEWLIFEOUTLOOK TEAM

Recognizing ADHD Symptoms in Children and Adults

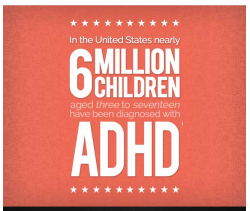
Although ADHD is most common in male children, ADHD affects boys and girls, children and adults. How ADHD presents itself across these different groups of people varies, but there are three main categories of symptoms: hyperactivity, inattention and impulsivity.

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.



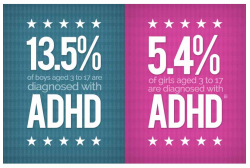
ADHD is one of the **most** common childhood disorders.





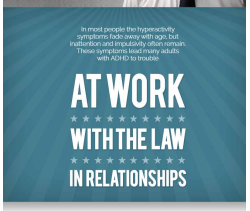
ADHD children may be primarily **hyperactive**, primarily **inattentive**, or combined **hyperactive-inattentive**.

Most children have combined ADHD.[I]



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 CHILDREN[V]

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

SCHEDULE
Keep a schedule for all tasks, meals and bedtimes and try to avoid changes to the schedule.

PLAN
Try to avoid situations that will be difficult for your child, such as events that require sitting still and quietly for a long time or situations where surroundings may be overwhelming.

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

RECHARGE
Take a break every now and then. Parenting a child with ADHD is a job where you can't be effective if you aren't able to give your child the care and attention he or she needs.

FOR ADULTS[VI]

NUTRITION
Eat a balanced diet with a variety 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 feel calmer.

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

REMIND
Make lists for what you need to achieve each day, and leave 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.

