

When Is It ADHD, And When Is It childhood?

ADHD FACT SHEETS AND MANAGEMENT TIPS



BEAUTIFUL MIND THERAPY & FAMILY SERVICES

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ADHD symptoms in children often show up as difficulties in these areas:

- sitting still
- waiting turns
- spacing out
- poor time management
- forgetfulness and disorganization
- impulsive speech, extremely talkative
- following set rules (including classroom and social rules) and multi-step instructions
- playing with others in structured environments
- completing assignments (this gets worse as assignments get more advanced)

Importance of diagnosis

Most children will show some of these “symptoms” at some point in their lives, and so it will be important to get an accurate diagnosis. Currently, there are no tests that can confirm a diagnosis of ADHD with 100 percent accuracy. An assessment typically involves a checklist about your child’s behavior, a developmental history interview with caretakers, interviewing people in your child’s life, and interviewing and observing your child in person.

If un-diagnosed and un-treated

When undiagnosed, many children who suffer from ADHD are misunderstood and labeled as troublesome, problematic, stupid and lazy, or even willfully defiant. Children can internalize these labels and without intervention, these labels can fossilized into their adult identity. As adults, they lack confidence, motivation, and needed skills to succeed at work and in social relationships. However, when given the needed assistance, these children can thrive and be successful.

How is ADHD treated?

Treatment for ADHD typically includes:

- Therapy and skill-coaching for child
- Parent training and support
- Medications
- School accommodations
- Supplements such as omega 3 (prescription-strength omega-3 approved by the FDA as a “medical food”)

ADHD Management Tips for School Work

- Externalize planning and time management by using lots of visual aids
- Put reminders where your child can see them
- Break down complicated tasks into smaller units
- Help them assign time to each individual unit
- Minimize distraction at their desk
- Allow them breaks in between tasks
- Limit the use of electronic devices during study breaks (devices are highly addictive for the ADHD brain)
- Encourage them to move around during study breaks
- Stay hydrated
- Monitor and optimize the use of ADHD medication to when it is most needed (for school and homework time)

Positive Traits of ADHD

Though often overlooked, children with ADHD come with its own bag of goodies. They are usually

- sensitive, kind, conscientious and intuitive
- creative problem solvers
- full of exciting energy
- bundles of fun and (quirky) humor
- super-focused when engaged and interested!



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If you have questions or concerns about a child’s learning, emotional, and behavioral needs, contact us at 91474234, or drbertiewai@gmail.com. Visit www.beautifulmindhk.com for more resources (including symptom checklists), or to request for specific information by filling out an online enquiry form.