

Unlock WIZARD

COVID-19

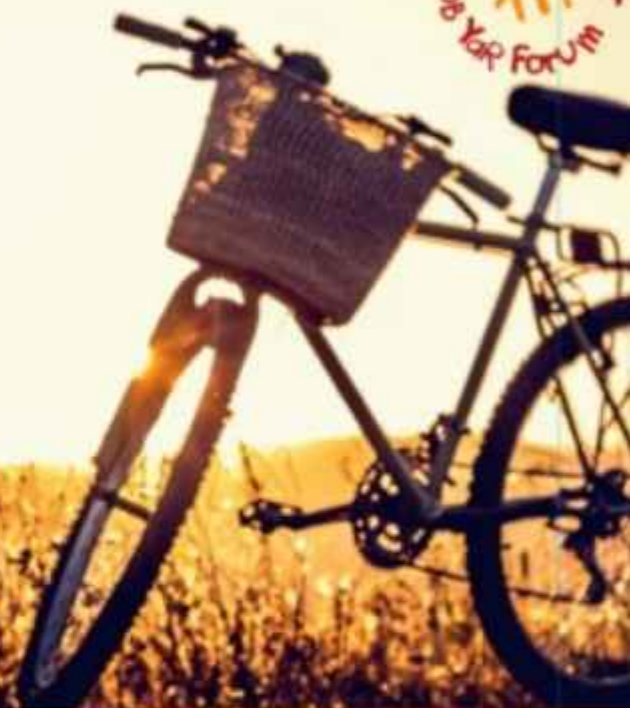
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SPECIAL

ATTENTION DEFICIT HYPERACTIVITY DISORDER

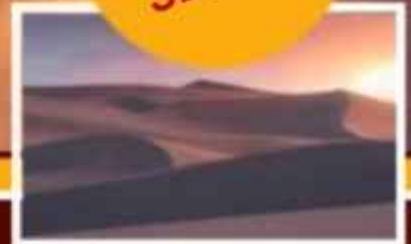
It's time we take
mental health seri-
ously

**It is easier to build strong children
than to repair broken men**

Frederick Douglass



#29
ENGAGE
SERIES



Don Bosco National Forum for the Young at Risk

Child related disorders are common yet unknown to many. Mental illness can affect anyone. It does not look at the age, gender or social status before entering into one's life.

Parents and teachers often complaint about the behavior of children. We tend to label them with reasons like lack of attention, lack of interest, hopelessness etc. without understating that there could be a psychological cause to all this.

Attention deficit hyperactive disorder is one such mental disorder which is mainly found in children and can be diagnosed at an early developmental stage. It's time we start understanding the importance of mental illness and create awareness. This will help us to reach out for help before its too late.

DB YaR Forum suggests the following ways to prevent, reduce and understand about ADHD. In severity of the issue, please don't hesitate to reach out for professional help

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Attention Deficit Hyperactivity Disorder

the PARENTING
TOO

Diagnostic Criteria of ADHD

Before arriving at an official diagnosis, symptoms must:





What is ADHD

ADHD is one of the most common neurodevelopmental disorders. Recent data indicates that up to 8-10% of school age children meet the necessary criteria for a diagnosis of ADHD (Academy of Pediatrics, 2001).

Types of ADHD



1

Inattentive

Child exhibits significant inattention across multiple domains with no significant hyperactivity or impulsivity. This is what used to be considered ADD.



2

Hyperactivity

Child exhibits adequate attentional control; however, presents with significant deficits with activity level and/or impulse control.



3

Combined

The most common form of ADHD in which the child struggles with paying attention as well as regulating behavior.

Population that has ADHD

ADHD is more common in males than in females. According to community and pediatrician surveys, the rate between males and females is 2:1.



Inattention



- ★ Often makes mistakes in schoolwork.
- ★ Often has trouble keeping attention on tasks or play activities.
- ★ Often does not seem to listen when spoken to directly.
- ★ Often does not follow through on instructions and fails to finish schoolwork.
- ★ Often has trouble organizing activities.
- ★ Often avoids, dislikes, or doesn't want to do things that take a lot of mental effort for a long period of time.
- ★ Often loses things needed for tasks and activities (e.g. toys, school assignments, pencils, books, or tools).
- ★ Is often easily distracted.
- ★ Is often forgetful in daily activities.

Hyperactivity



- ★ Fidgets with hands or feet in seat when sitting still is expected.
- ★ Often gets up from seat when remaining in seat is expected.
- ★ Often excessively runs about or climbs when and where it is not appropriate (adolescents or adults may feel very restless).
- ★ Often has trouble playing or doing leisure activities quietly.
- ★ Is often "on the go" or often acts as if "driven by a motor".
- ★ Often talks excessively.

Impulsivity

- ★ Often blurts out answers before questions have been finished.
- ★ Often has trouble waiting one's turn.
- ★ Often interrupts or intrudes on others.

How symptoms affect a child at

Home



- ★ Difficulty following morning routines.
- ★ Increase in frequency of arguments with parents/siblings.
- ★ Difficulty completing homework and daily chores.
- ★ Messy/disorganized room.

School



- ★ Difficulty remaining seated in class.
- ★ Difficulty completing work in a timely fashion.
- ★ Difficulty organizing materials.

Social



- ★ Difficulty regulating behavior on the playground.
- ★ Trouble interacting with peers.
- ★ Difficulty waiting turns during games.

Treatment



Pharmacological

- ★ Research indicates that pharmacological treatment is the treatment of choice for ADHD.
- ★ Focus is on improving attention and behavioral regulation.

Behavioral Therapy



- ★ Focus is on teaching the child. Behavioral regulation strategies to improve the frequency and duration of positive, on-task behaviors.
- ★ Establish a reinforcement schedule.
- ★ Modify the environment to focus on the child's strengths and areas of concern.

Parent/Teacher



- ★ Work with parents to establish realistic expectations regarding behavioral management and task completion.
- ★ Help identify that the child struggles with attentional regulation and executive functioning in clinical terms.

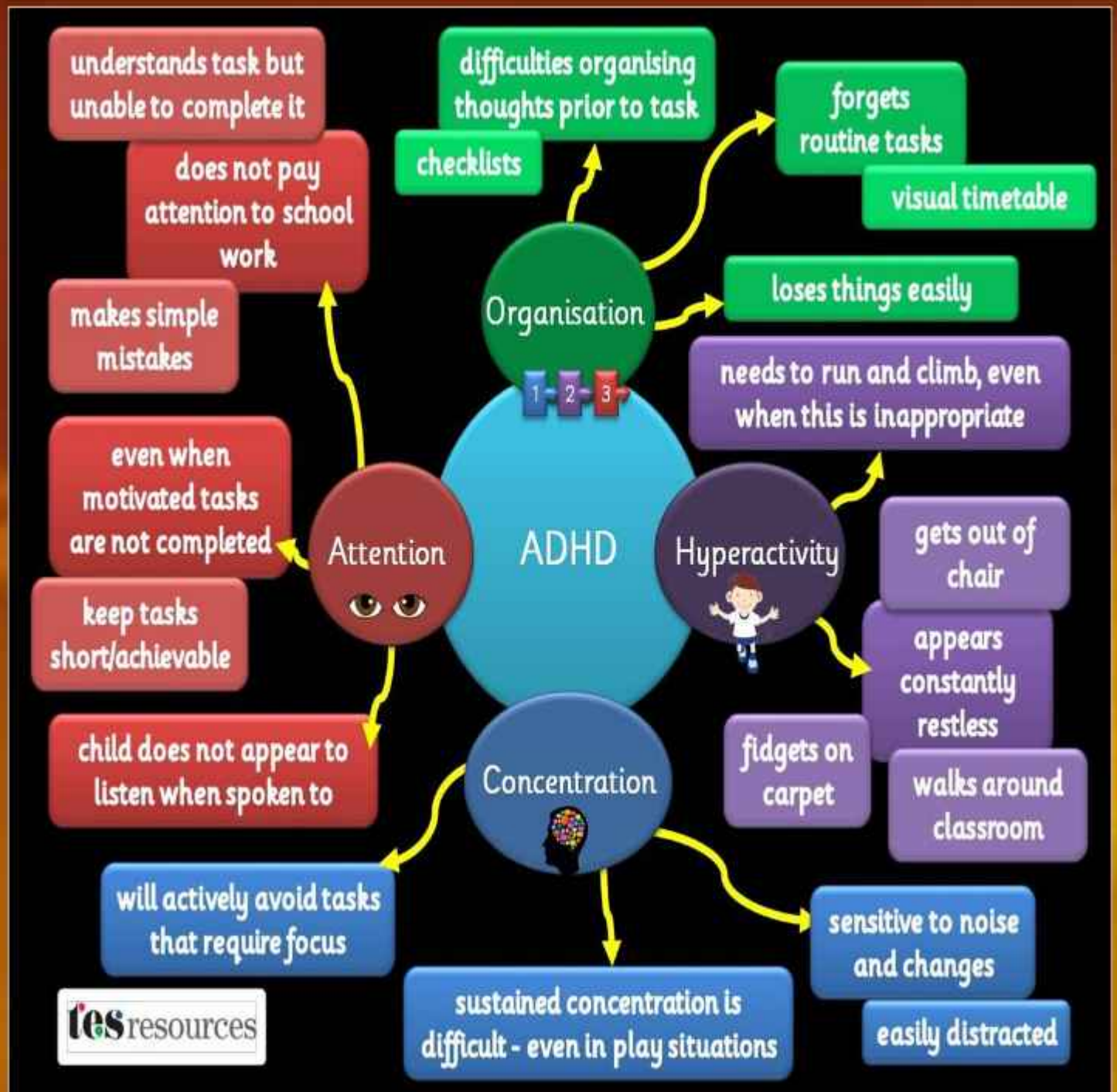
CAUSE OF ADHD



Environmental Factors

SIGNS OF ATTENTION DEFICIT HYPERACTIVITY DISORDER







10 Rules for Parents of Defiant Kids with ADHD

Your child is blatantly defiant and confrontational, and standard discipline doesn't work. So what's next? Follow this action plan.

1. STAY POSITIVE:

Rewarding good behavior works better than punishing bad behavior. Boost your child's self-esteem by "catching" him behaving well and doling out praise. Higher self-esteem and fewer transgressions will follow.

2. TREAT BEFORE YOU PUNISH:

Never discipline your child for behaviors that are symptoms of ADHD. Once your treatment plan has symptoms under control, you will know which behaviors are punishable.

3. USE YOUR WORDS:

Instead of overreacting — and teaching your child to fear mom or dad — be a model of how to behave when you're upset.

4. AVOID MELTDOWNS:

Plot an escape strategy for tough events like family parties in order to ensure a quiet, tantrum-free goodbye. Conspire with your child, and say, "It's time to be a magician and become invisible." Then, stage your exit.

5. ACT LIKE A COP:

When you're pulled over for speeding, the police officer doesn't yell. He asks what you did, and then doles out punishment. Channel this approach to stay cool-headed and under control.

6. BE CLEAR ABOUT RULES AND CONSEQUENCES:

Explain what behavior is not allowed, and exactly what consequences are at risk. Then, consistently enforce the rules.

7. PLAY BEFORE PUNISHING:

Make time to have fun with your child, and strengthen your bond in a positive way by completing creative projects together, for example.

8. KNOW YOUR CHILD'S PATTERNS:

Probe your child's quirks and hypersensitivities. True understanding will help you differentiate willful defiance from emotional overwhelm. Know his triggers, and have a plan for potentially explosive situations.

9. DETERMINE THE TRUE CAUSE:

Comorbid conditions — like oppositional defiant disorder — may cause behavior problems. See a specialist if you think your child might have more than ADHD.

10. ASK YOURSELF IF YOU'RE CONTRIBUTING:

Could you have ADHD, too? It's commonly genetic, so an undiagnosed parent might have a temper that flares more often, or impulsivity that undermines discipline efforts. Take our [self-test](#), then seek a diagnosis and treatment.

ADHD Tips for Parents

ADHD symptoms arise from the brain's difficulty in maintaining appropriate activity in the frontal lobe. Your kid's attempts to regulate that activity, may be... well, less than desirable.



CAFFEINE

This works short term, but comes with a hard sugar & caffeine crash.



MEDICATION

89% of parents list it as the most helpful strategy, less harmful for long term use than caffeine.

NOISY FIDGETING

Drumming fingers, tapping feet, clicking pens, cracking knuckles, snapping gum, activate the brain, but annoy others.



FIDGETS

Having an item to fiddle with, that doesn't disturb or bother others, can help sustain attention during a boring task.

CONFLICT SEEKING

Teasing siblings & pets, debating & arguing all increase frontal lobe activity, at the expense of peace and quiet.



ROUGH & TUMBLE

Appropriate rough housing and physical play are great, try trampolines, physical games, be sure to keep it lighthearted.

VIDEO GAMES, TV, IPOD

All serve to engage the brain, good as rewards, usually needs to be limited & monitored.



MUSIC

In the background will aid focus, use very familiar songs, or instrumental tracks.

ALCOHOL, MARIJUANA

Will produce a calm, but will also lower motivation, decrease decision making ability, and can lead to legal trouble.



EXERCISE

And lots of it. Any movement will help stimulate the frontal lobe. Endorphins reduce anxiety, depression and help focus.

Visit my blog for more in the series
ADHD Tips for Parents

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CLICK TO WATCH

Attention deficit hyperactivity disorder (ADHD/ADD) - causes, symptoms & pathology



CLICK TO WATCH

Attention Deficit/Hyperactivity Disorder



CLICK TO WATCH

Medication for Attention Deficit/Hyperactivity Disorder



KEY WORDS TO SEARCH

1. What is ADHD?
2. Can a child be only attention deficient and not hyperactive?
3. Strategies to work with ADHD children?
4. Can ADHD children lead successful life?
5. How to control hyperactivity?
6. How can a psychologist/therapist help in dealing with ADHD?

*Children are not things to be moulded, but
are people to be unfolded*



I do not fear at all what men
can do to me for speaking the
truth. I only fear what God
would do if I were to lie.

- Don Bosco



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