

# Attention-Deficit/ Hyperactivity Disorder (ADHD)



## What is ADHD?

ADHD can look like difficulty focusing, having lots of energy and not thinking before acting, or both.

All children and teens may have difficulty with focusing and activity levels at times. However, these issues are more constant for children and teens with ADHD. They can also make things hard at home and school.



## How to Support Your Child



Children and teens with ADHD may need **therapy, classroom supports, or medications** to do their best. Talk to your doctor about your child's needs.



Families can ask the **school** for **extra supports** like an Individualized Education Program (IEP), 504 Plan, or extra help without a plan. Supports could be sitting in the front of class, extra time on tests, reminders, breaks, and more.



Help your child **build routines** and learn **how to stay** organized.



Give directions in **smaller chunks**. Give directions for **one thing** at a time.



Use lots of **positive attention** for appropriate behavior. **Praise** any time your child is focused or calm.



Good **sleep** is important for children and teens with ADHD.



## Need Help?

If your family needs more help, talk to your doctor.

If your family needs a mental health provider, call the phone number on the back of your child's insurance card. Ask for a list of covered mental health providers in your area, or search for providers on your insurance website.

Scan here for more information about how to find a mental health provider and how to get help in a crisis.



Pediatric **Health** Network

 **Children's National.**