

## Attention Deficit Hyperactivity Disorder (ADHD) in Children

ADHD is one of the most common psychological disorders diagnosed in children. It affects 5% to 10% of school-aged children.

### THE SYMPTOMS OF ADHD

Difficulty concentrating or focusing  
Restlessness, fidgeting and squirming  
Impulsivity  
Disorganization  
Forgetfulness  
Talking excessively

Difficulty waiting one's turn  
Difficulty completing tasks  
Avoiding tasks that require a prolonged mental effort  
Tendency to lose/break personal belongings  
Decreased ability to tolerate frustration  
Mood swings

### THE ADHD EVALUATION

ADHD is a behavioral diagnosis: it cannot be diagnosed using blood or other physical tests. A proper evaluation includes: an interview with the child, interviews with parents or teachers, testing and behavioral observations of the child, and a report with recommendations.

### TREATMENT RECOMMENDATIONS

- Effective treatment can involve therapies to work on behaviour, medication for more difficult cases, or a combination of both.
- Behavioural strategies tailored to the needs of the child will help them compensate for their difficulties.
- Parental coaching helps with challenging daily tasks such as the morning and bedtime routines as well as with homework.
- Medication may help decrease severe ADHD symptoms. When symptoms are manageable, children can work on coping and behavioural strategies.