

You are not alone – seek help and guidance



Support your child in ways that work best for them.

- ✓ Learn, reflect, and plan strategies that suit your child's needs.
- ✓ Include the whole family in creating a supportive environment.
- ✓ Engage your child in enjoyable activities—one at a time.
- ✓ Make reading together a daily bonding moment.
- ✓ Communicate openly and interact consistently.
- ✓ Respond to behavior challenges with patience and understanding.
- ✓ Focus on what truly matters—let go of behaviors that aren't harmful.
- ✓ Parent-led guidance plays a key role in supporting a child with ADHD.



Remember, individuals with ADHD—

- ✓ Benefit from a structured and predictable routine.
- ✓ Understand tasks better when broken into small, clear steps.
- ✓ Thrive with support in developing problem-solving and organization skills.



Prioritizing your well-being—self-care is essential.

- ✓ Give attention to your other children and their needs.
- ✓ Stay active and find time to relax.
- ✓ Nurture your relationships with your spouse and family.



Help give back to your community

- ✓ Join a peer support group near you.
- ✓ Share your experience with other parents
- ✓ Educate your community and dispel myths about ADHD



ADHD is not something that needs to be "cured"—it is a different way of thinking and experiencing the world.



- Be cautious of anyone promising a "fix" or "cure"—misinformation is common.
- Stay informed and trust evidence-based approaches that support your child's growth.
- The more you learn, the better you can advocate for your child.

ADHD awareness month is October.

- With early intervention, support from family members and educators, individuals diagnosed with ADHD are thriving and leading successful lives
- Do not let a diagnosis get in the way of happiness and well being of that individual



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Attention Deficit Hyperactivity Disorder (ADHD) Factsheet

What is ADHD?

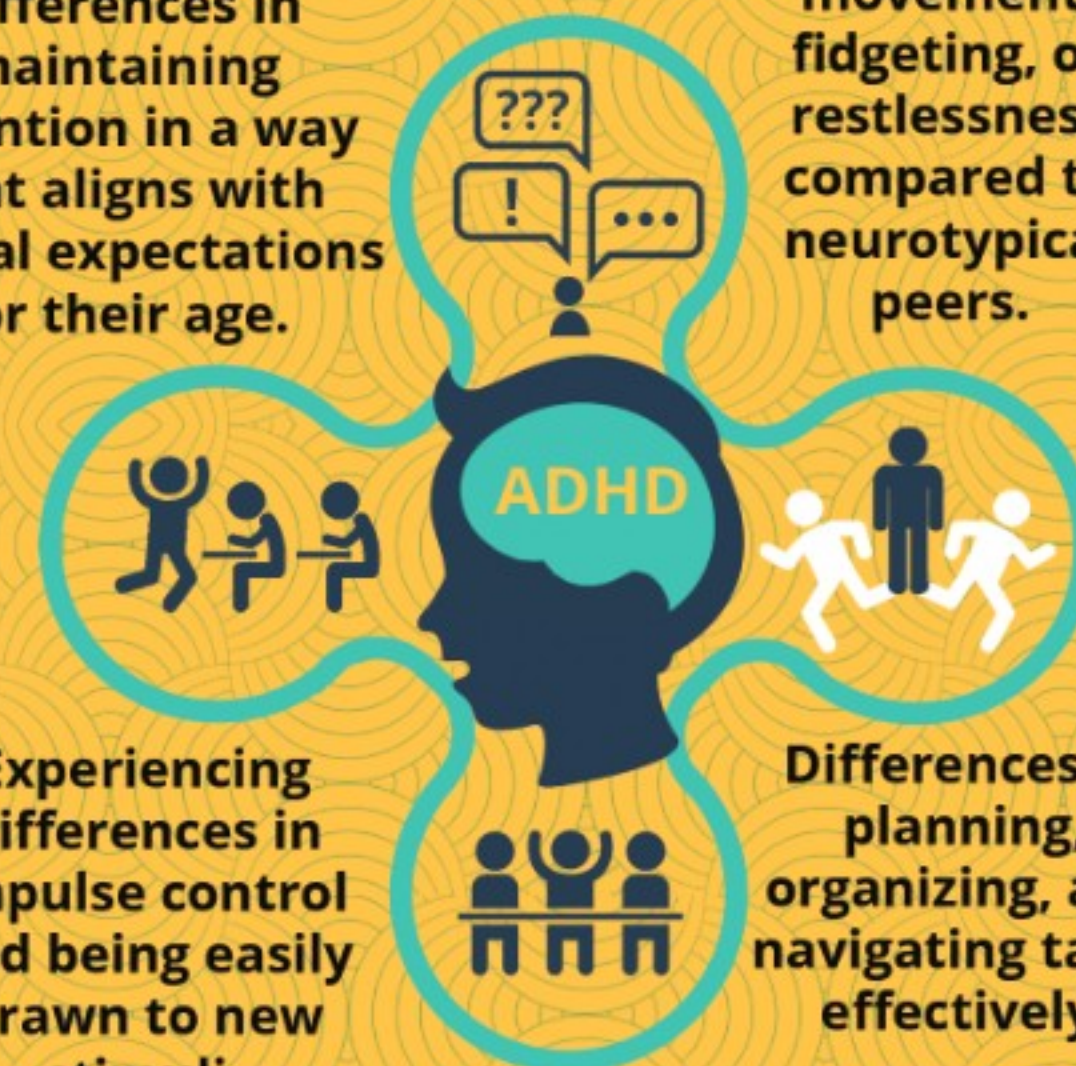
ADHD is a neurodevelopmental condition of the brain that presents as a combination of characteristics, such as:

Differences in maintaining attention in a way that aligns with typical expectations for their age.

Shows more movement, fidgeting, or restlessness compared to neurotypical peers.

Experiencing differences in impulse control and being easily drawn to new stimuli.

Differences in planning, organizing, and navigating tasks effectively.



What are some early signs of ADHD in children who are four years or older?

If your child is,

- Gets easily drawn to things around them.
- Finds it hard to stay seated when expected.
- May not always recognize potential risks.
- Moves quickly from one activity to another without finishing.
- Often has minor accidents.
- Prefers a less/different structured way of doing things.
- Frequently misplacing belongings.



It can be helpful to seek a professional assessment to better understand and support their needs. However, these signs may be present for other reasons – a professional opinion is essential.

If you notice early signs of ADHD, please approach a

**Pediatrician/
Developmental Pediatrician**



**Psychologist/
Child-Psychiatrist**

Why does ADHD develop?

ADHD does not have a single cause. It is influenced by a combination of genetic, neurological, and environmental factors. Research is ongoing to understand it better.



Research suggests that ADHD may be influenced by multiple factors, including genetics, brain development, and environmental influences. Some factors that have been associated with ADHD include:

- **Hereditary factors, where parents may also show signs of ADHD**
- **Co-occurrence with genetic conditions, such as Neurofibromatosis, Fragile X Syndrome, etc.**
- **Association with other neurodevelopmental differences, including developmental delays, autism, and dyspraxia.**
- **Pregnancy and birth-related factors, such as low birth weight or premature birth**
- **Exposure to substances during pregnancy, including alcohol or drugs, which may impact brain development**



How is ADHD Identified?

A professional evaluation helps determine whether a child's experiences align with ADHD. This involves:

- A detailed understanding of the child's developmental and family history
- A thorough clinical examination
- Observing patterns in the child's behaviors across different settings, such as home, school, and social environments
- Assessing hearing and vision to rule out other factors
- Conducting cognitive and educational assessments if needed



Possible Outcomes After Assessment:

1. The child meets the criteria for an ADHD diagnosis, and support strategies can be explored.
2. The child does not meet the criteria for ADHD, and other explanations for their unique experiences are considered.

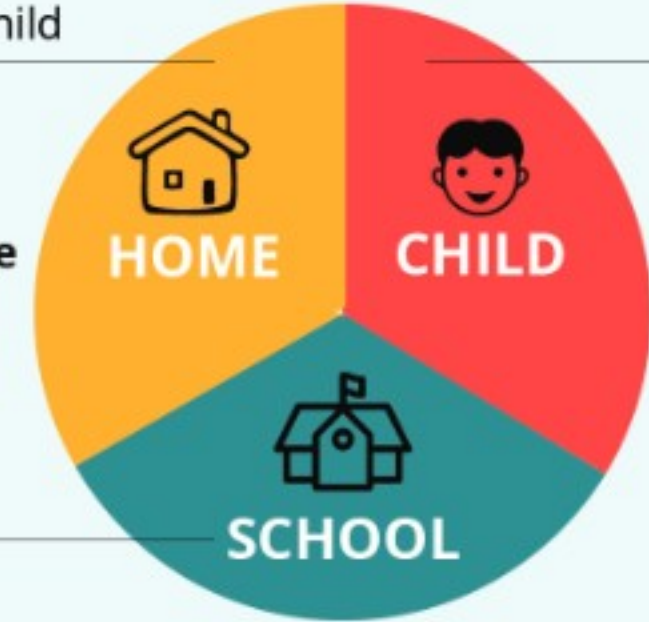
Evidence Based Therapies for ADHD management

ADHD management is most effective when there is a combination of therapies working hand in hand.

Recommendation of therapies & medications will differ based on:

- Age of the child
- Needs of the child

Parent-Mediated Behavior Support; Adapting the Home Environment to Support Your Child's Needs



Academic Interventions Tailored to Your Child's Learning Needs

- **Supportive Behavior Strategies**
Encourages focus, nurtures self-regulation, and builds organization & time management skills.
- **Counseling Support**
Provides guidance to navigate transitions and challenges, especially during adolescence, fostering self-awareness and emotional well-being.
- **Medication (If recommended by a doctor, case-specific)**
Medication does not "fix" ADHD but may enhance focus, creating opportunities for therapies and learning strategies to be more effective.
- **Speech and Occupational Therapy**
Supports communication, sensory processing, and motor skills, based on the child's unique needs.

Common Support Strategies by Age Group



Preschool Children (4-6 years)

- Behavior support strategies to nurture self-regulation and engagement.
- Medication is generally not recommended for this age group.



Elementary and Middle School Children (7-11 years)

- Behavior support strategies to strengthen focus and emotional regulation.
- Learning accommodations and academic support as needed.
- Medication, if recommended based on individual needs.



Adolescents (12-18 years)

- Learning accommodations and academic support as needed.
- Medication, if recommended based on individual needs.
- Counseling support to navigate transitions and build self-awareness.