



Now that you have learned that your child has attention-deficit/hyperactivity disorder (ADHD), you may have some questions and concerns. Here are 3 key things to know:

- **As a parent of a child with ADHD, you are not alone.** About 2 million children in the United States have ADHD. In fact, about 1 child in every classroom has it.
- **ADHD is a medical condition and can be treated.** Your child does not choose to have these symptoms or behaviors. Treatment can improve these symptoms.
- **Children with ADHD can and do succeed.** Children with ADHD may have many talents and are intelligent. When symptoms are managed, your child can develop skills and learn better than before.

Learn more about ADHD and helping your child at home and school.\*

**Attention Deficit Disorder Association (ADDA)**

484-945-2101 [www.add.org](http://www.add.org)

**Children and Adults With Attention-Deficit/Hyperactivity Disorder (CHADD®)**

800-233-4050 [www.chadd.org](http://www.chadd.org)

**US Department of Education**

800-USA-LEARN (800-872-5327)  
[www.ed.gov/parents](http://www.ed.gov/parents)

## Understand more about the symptoms of ADHD



Below are some of the symptoms of ADHD. Your child may have some of these but not others. Check off the ones you have seen in your child. Talk with your child's healthcare provider about the ones that concern you most.

### Symptoms related to attention

My child **often**:

- Does not seem to pay attention
- Does not seem to listen when spoken to directly
- Has trouble getting organized
- Makes careless mistakes
- Loses things
- Is forgetful
- Is easily distracted

### Symptoms related to activity

My child **often**:

- Fidgets and squirms in seat
- Has trouble playing or working quietly
- Talks a lot
- Walks, runs, or climbs when others sit
- Is "on the go"

### Symptoms related to self-control

My child **often**:

- Has trouble waiting in line or taking turns
- Interrupts conversations or games
- Blurts out answers before questions are completed

Some children with ADHD may also have other mental health conditions. These include depression, anxiety, and others. Be sure to talk with the healthcare provider about your child's mood.

## There is a lot of help...and a lot of hope

Children with ADHD can have a bright future. Take your first steps toward that future by learning all you can about ADHD. The organizations listed in the box above can help. Above all, work closely with the healthcare provider.

\*This contact information is current as of January 2006. Because these are third-party resources, Expanding Views cannot take responsibility for their content.

