



## Attention-deficit/hyperactivity disorder (ADD or ADHD)

is a chronic disorder resulting in high levels of inattention and lack of focus. This may be accompanied by hyperactivity and impulsivity. The disorder is usually diagnosed in childhood, but often persists into adulthood. Examples of symptoms of ADHD would include:

**Inattention:** easily distracted, making careless mistakes, losing belongings, difficulty following instructions

**Hyperactivity:** squirming, fidgeting, in constant motion, talking too much, inability to stay seated

**Impulsivity:** inability to wait, making quick decisions without regard for consequences, interrupting

While it is common to experience these traits occasionally, ADHD would not be diagnosed unless they occurred over time and to an extent that the child's ability to function at home or in school is impacted.

Treatment depends on the type of ADHD the child has. One type of treatment is the use of safe medications. But another component involves learning tools and strategies to improve the child's abilities to focus, organize, control impulses, etc. These treatments can make dramatic improvements in the child's life at home, in school, and in social situations.

## Interested in learning more about Attention-Deficit/Hyperactivity Disorder?

### These popular books are available to you from our Siskin Lending Library:

#### General:

[Taking Charge of ADHD: The Complete, Authoritative Guide for Parents](#) (Barkley)

[Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood](#) (Hallowell); also [Delivered from Distraction](#)

[ADHD: What Every Parent Needs to Know](#) (American Academy of Pediatrics, Reiff)

[Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach](#) (Monastra)

[ADD/ADHD Checklist: A Practical Reference for Parents and Teachers](#) (Rief)

[Teenagers with ADD and ADHD: A Guide for Parents and Professionals](#) (Dendy)



Boy Without Instructions: Surviving the Learning Curve of Parenting a Child with ADHD (Williams)

Superparenting for ADD: An Innovative Approach to Raising Your Distracted Child (Halowell)

Raising Boys with ADHD: Secrets for Parenting Healthy, Happy Sons (Forgan)

### For Children:

Learning to Slow Down and Pay Attention: a Book for Kids about ADHD (Nadeau)

The Survival Guide for Kids with ADD or ADHD (Taylor)

The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills and Self-Control (Shapiro)

Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD (Quinn)

Mrs. Gorski, I Think I Have the Wiggle Fidgets (Esham)

My Mouth is a Volcano (Cook)

### Sensory Issues, Behavior:

The Out-of-Sync Child (Kranowitz)

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children (Greene)

### Executive Functioning:

Smart, But Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential (Dawson)

Late, Lost and Unprepared: A Parent's Guide to Helping Children with Executive Functioning (Cooper-Kahn, Dietzel)

### We would also recommend:

#### Informative websites:

CHADD ([www.chadd.org](http://www.chadd.org)): *offers information and support as well as online trainings*



Understood ([www.understood.org](http://www.understood.org))

National Institute of Mental Health ([www.nimh.nih.gov](http://www.nimh.nih.gov))

Siskin Children's Institute ([www.siskin.org](http://www.siskin.org))

Misunderstood Minds ([www.pbs.org/wgbh/misunderstoodminds/](http://www.pbs.org/wgbh/misunderstoodminds/)): *simulations demonstrate experience of attention difficulties*